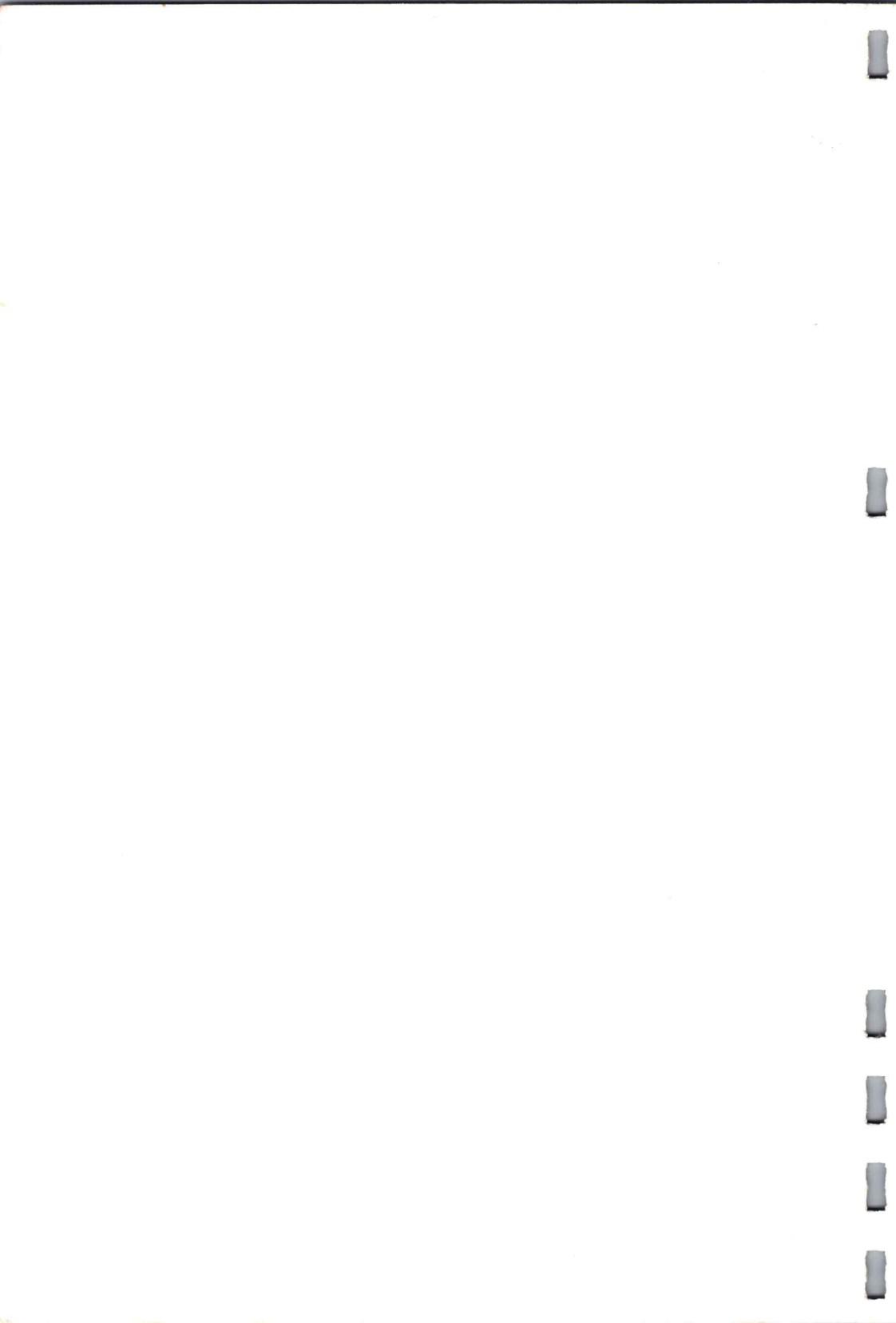


# A Taste Of the World



PELLA COOKBOOK  
NINTH EDITION



# A Taste of the World

Ninth Edition of the Pella Cook Book

Compiled and Published

by

Central College Auxiliary

1992

## ***Foreword***

Welcome to A TASTE OF THE WORLD, the 9th edition of the Central College Auxiliary's Pella cookbook. We hope that you will enjoy browsing through our new book and trying those recipes which suit your tastes and needs.

When work seriously began on this edition in 1991, we recognized that this was taking place ninety years after publication of the first Pella cookbook. Consequently we decided to make this a special "anniversary" edition which not only is larger than previous editions but also includes some of our favorite recipes from all of them. We thank all of those individuals who helped us do this. We have also provided you with a history of the Pella cookbook in order that you can determine the era from which any one of these recipes came.

As usual our cookbook features Dutch recipes in recognition of Pella's cultural heritage. There are new recipes in this section as well as those standard favorites without which a Pella cookbook would be incomplete. We also hope that you will take time to read Mina Baker-Roeloff's informative essay on Dutch cooking.

In recognition of the fact that Central College has become more internationalized over the years, we have expanded the international recipes section. Central College has eight international campuses: Paris, France, established in 1965; Vienna, Austria, in 1966; Merida, Yucatan, Mexico, and Granada, Spain, in 1968; London, England, in 1973; Carmarthen, Wales, in 1976; Leiden, The Netherlands, in 1986; and Hangzhou, The People's Republic of China, in 1991. Many Central students study on these campuses and students from these countries study in Pella. Many of the international students on campus have contributed favorite recipes to this cookbook. Additionally, we are fortunate that Strawtown Inn has been willing to share menus and recipes for some of its popular foreign dinners. We have also included some other foreign meal menus that you might like to try.

The artwork on the cookbook dividers is that of Bill Wagner, Iowa architect; Larry Mills, Professor of Art, Central College; Joline De Jong, Assistant Professor of Art, Central College; Chuck Powers and Randy Rolffs, Pella artists. These sketches also illustrate the history of Pella and Central College. The cover photo is of a Delft plate belonging to Eunice Kuyper. We appreciate the contributions of these individuals.

Many people of Pella, Central College, and the wider college community (students, alumni, trustees, Elderhostel participants, and other friends) have contributed recipes to this cookbook. We have used as many as possible and thank you all. We were pleased with the variety with which we were provided. Because as a nation we are becoming more health conscious, an asterisk by a recipe indicates that it is a more "heart healthy" one.

Very special thanks go to the persons responsible for the individual sections of the cookbook. They have spent many hours checking recipes for accuracy and arranging them appropriately. Individual names are listed on the dividers of the sections. We also are grateful to the sponsors of this cookbook, each of whom contributed financially towards its publication, and to our Sponsor Committee (Ilda Van Zee and Shirley Boertje). In advance, thank you to Madeline Vanderzyl, who will handle mail orders for the cookbook, and Murt Kooi, who will take care of its local distribution.

To those of you who purchase this cookbook, we also express our thanks. Your patronage will assist the Central College Auxiliary in continuing its significant support of the college and its improvements.

*Dr. Maxine F. Huffman, Co-editor  
Professor of English, Central College*

## ***History***

"What, another cookbook?" This is a good question today, as we note all the available publications on food and cooking. However, this was a question asked by the Baptist ladies in the early 1900s when the first Pella Cookbooks were compiled. Three similar books, which were published in 1901, 1905 and 1913 are now considered the first in a series of cookbooks created for Central College fund raising. The 1901 book was edited by Hattie Rose Keables, mother of Leonora Scholte. The recipes were contributed by "Dutch and American Housekeepers." The group indicated they did not want to offend by including a recipe for Mock Turtle Soup with Sherry or Madeira Wine to "suite the taste."

The first cookbook published after Central College was affiliated with the Reformed Church in America (1916) was the 1922 edition. The book was listed under Ladies Auxiliary Sponsorship but few names of contributors were included, a practice fortunately discontinued in future books. The 1934 edition sold for \$1.25 or \$1.00, depending on the binding and mailing cost, an additional \$.10. Dutch recipes were interspersed among the others. The 1948 collection had its first Dutch section. The cover was designed by Ed Le Cocq and had a Dutch family theme. Commercial ads helped with publishing costs.

The 1959 edition, fifth in the series, was edited by Dr. Maxine Huffman and was called "Dutch Treats." This title replaced "Pella's Choicest Recipes" used for the three previous cookbooks. Cynthia Timmons, in a colorful Dutch costume, was featured on the cover. A section called "The Man Cooks," reflected changes in the times. A list of sponsors who contributed toward costs was included instead of advertisements, a practice still followed.

The 1966 book, sixth in the series entitled "More Dutch Treats," was edited by Marlys De Wild. The cover was a reproduction of a Dutch scene painted by Leonora Scholte, wife of Henry P. Scholte and son of Pella's founder. She was considered by some to be the Grandma Moses of Pella. Kay Crawford designed section dividers. The 1974 edition had a Dutch title, "Dat is Lekker Kookboek" suggesting the recipes included were for "very tasty food." Betty Bergman edited this book. Sallie De Reus did a special Hindeloopen painting which was reproduced for the cover. Hindeloopen is a Dutch folk art similar to Norwegian Rosemaling. The large Dutch section included some Indonesian recipes. This book, as some other editions, was sold at Marshall Fields, Chicago.

The 1982 cookbook, eighth in the series, was co-edited by Betty Bergman and Mina Baker-Roelofs. A chalk drawing of charming Dutch children, by a New York artist, was reproduced for the cover. Section dividers were sketches of authentic Dutch costumes by Virginia Aug, a Central College student. A new section of International recipes, edited by Maxine Huffman, was added. Interest in foreign recipes, Central's International Program and students on campus, fostered this addition. Cookbooks are great culture indicators and are for reading as well as cooking. Fifteen thousand copies of this book have been sold (1982 and 1985 printings). Copies were available locally, through mail orders and at outlets in Iowa and neighboring states. Madeline Vanderzyl currently takes care of mail orders for cookbooks as did Alice Lammers before she became co-curator of the Scholte House Museum.

A food-related poem appeared in the early editions and suggests, "We may live without poetry, music, or art; we may live without conscience and live without heart. We may live without friends, we may live without books, but civilized man cannot live without cooks!"

*Mina Baker-Roelofs, Co-editor*

*Associate Professor Emerita of Home Economics  
Central College*

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# DUTCH

Edited by Mina Baker-Roelofs & Eunice Kuyper



## SCHOLTE HOME • PELLA

### SCHOLTE HOME

*In 1884, Dominie Scholte and his wife, Mareah, moved into their new home. Although not yet completed, it was livable. The original home, as was the custom, had an attached barn. The barn was removed during one of the many additions and alterations.*





## **Dutch Cooking**

Bustling industries, speeding trains and bicycles galore describe The Netherlands today. But images of windmills, wooden shoes, tulips and Dutch kitchens still come to mind. Eating in this picturesque country is a "Dutch Treat" from breakfast to late evening, from crusty breads, creamy cheeses, hearty soups and flavorful stews to delightful pastries such as apple tarts and Dutch letters. The cooking of Holland is distinctive because of its heartiness due to the cool, damp climate. Although contemporary Dutch cookbooks and magazines focus on new, exciting recipes and ideas, as do our publications, Dutch families tend to be somewhat traditional in their meal menu patterns and foods served. These traditional recipes are also the survivors in Dutch communities in the U.S.A. Influences which have changed our eating habits have made less of an impact on this older culture, though fast food restaurants are also popular in Holland.

The Netherlands has always been an important "Dairyland." Popular cheeses such as Gouda, Edam and Caraway Seed or Kumina Kaas, are exported around the world. Cattle are raised for beef and export to under-developed countries. Veal is also a commonly served meat. In the 1970s, Dutch farmers began raising pigs, particularly for export, although pork has always been a favorite meat in Holland. Today, when an Italian or Frenchman sits down to a pork-chop dinner, chances are it came from a farm in The Netherlands.

Another leading occupation is fishing. Herring, plaice, haddock, eel, mussels, sole, crab and shrimp are favorites. Exports of fish and fish products amount to millions. Some 4,000 people work in the fishing industry and 15,000 more in allied trades, including retailing.

Market gardening and flower raising, particularly of tulip bulbs, are also important. Popular vegetables are potatoes, cabbage, onions, cauliflower, broccoli, asparagus, endive, beets, carrots, peas and beans. These vegetables, when cooked, find their way to Dutch dinner tables each day. In the United States, the new Nutrition Pyramid creators recommend increased use of vegetables, fruits and grains plus dairy products and smaller servings of meats. This parallels the present eating habits of the Dutch. Oats, wheat, barley and sugar beets are important Dutch crops.

Americans of Dutch descent often select a "Dutch look" for their kitchens as they enjoy the warmth and friendliness created. Kitchens in Holland often house smaller refrigerators and less storage for food since the Dutch like to market frequently for their fresh produce. Simplicity exists in cooking fish, meat and plentiful vegetables, which are so good on their own. Why embellish them with elaborate sauces? A heavy metal pot for slow, moist heat cooking of meat is standard equipment. Little home baking is done by Dutch homemakers. Pastries for special occasions can be easily purchased at local bakeries. Most villages and cities have outdoor markets once or twice a week, a very common European custom now becoming popular in the U.S.A. An interesting bit of art and food history is the phenomena of the Fat Kitchen and the Thin Kitchen. An example of the Fat Kitchen was the sensuality, gluttony and greed pictured in the paintings of Pieter Bruegel and Jan Steen. In the Thin Kitchen, there is order, serenity and cleanliness. Paintings with individuals or families enjoying a loaf of bread, a wedge of cheese and a jug of wine symbolize the Thin Kitchen.

In the Dutch section of this book, basic menu patterns have been included.

Casseroles are not common but there are "meal-in-one" soups, meat-vegetable salads, a simple Indonesian meal and Hutspots which are prepared for lunch or supper. Sandwiches may replace the second bread meal. A morning "Koffie Tijd" or afternoon tea with little cakes and cookies is popular. Dutch-process cocoas and chocolate in candies or beverages are special. BORRELTIME is a five o'clock ritual with gin and snacks.

Eating out is not as common as in America. The Dutch, for special occasions, enjoy dining in restaurants serving gourmet foods. Some of these restaurants feature French kitchens. For less formal dining, there are Indonesian or Chinese restaurants as well as Balkan, Turkish and Moroccan places with meat on a spike and spicy garlic sauces. Plate-size pancakes, poffertjes, pizza, lunches in station restaurants or long coffee times in outdoor settings are alternatives. It's "in" to eat herring, eel or French fries with seasoned mayonnaise "on the street."

In the U.S.A. most Dutch communities have restaurants which focus on their ethnic cuisine. Pella has its Strawtown Inn (including a Dutch-English menu and waitresses in Volendam costumes), the Dutch Buffet, Central Park Cafe, and Pella A&W Restaurant. Dutch decor is evident in others as well. The Jaarsma and Vander Ploeg Bakeries are well known for their "goodies." In't Veld's and Ulrich's Meat Markets sell rings of bologna as do the food markets. Pella celebrates its heritage with tulips, parades, Dutch costumes and food at its annual Tulip Time in May. Kermis, a Dutch summer festival in July, and Sinter Klaas Day, December 6, which is gift-giving time in Holland, focus on adult's and children's activities. Hot chocolate and St. Nicholas cookies are featured at the end of the Historical Society's Christmas Walk.

I would like to recognize two Dutch home economists, Yvonne Beerepoot and Corrie Volders who helped me experience Dutch food and customs during my many trips to the Netherlands. A quote from Helen Colijn's, "Of Dutch Ways," suggests a Dutch toast "GEZONTHEID" or "PROOST" meaning "your health" and that's my toast to you.

*Mina Baker-Roelofs*

# **Popular Traditional Dutch Foods in the U.S.A.**

*(From a study by Mina Baker-Roelofs)*

- DUTCH LETTUCE, WILTED LETTUCE or DUTCH MESS
- ERWTEN SOEP (Pea Soup)
- HUTSPOT (Beef Stew/Meat Slices)
- STAMPPOT (Mashed Potatoes with Kraut, Kale or Cabbage)
- POT EITEN (Stampot Plus Fruit)
- BALKEN BRIJ (Like Pennsylvania Dutch Scrapple)
- SAUCIJSE BROODJES (Pigs in Blanket)
- RODE KOOL (Red Cabbage)
- BANKET (Dutch Letters)
- OLIE BOLLEN (Dutch Fried Dumplings or Fritters)
- RICE WITH BUTTER & SUGAR
- BUTTERMILK "PAP" (Thickened Milk Served with Syrup, Molasses or Sorghum)
- VLEESCH MET KRUIDEN (Dutch Spice Roll)
- SNIBOONEN (French Cut Green Beans)
- PANNEKOEKEN (Pancakes)
- RUSKS
- TEA MILK OR SAGE MILK
- ADVOKAAT (Dutch Ladies' Drink)
- GENEVER (Man's Drink)
- BOEREN JONGENS (Raisins, Sugar and Brandy)
- BOEREN MEISJES (Apricots, Sugar and Brandy)

## ***Indonesian Food***

Dutch food is solid and substantial with a definite "spice veneer." Spices became important to The Netherlands when the East Indies, now Indonesia, were colonies of the Dutch. A taste for unusual condiments developed. Most well known is the Indonesian RIJST TAFEL consisting of 15 - 30 or more dishes. RIJST TAFEL would be best eaten in The Netherlands where the best Indonesian restaurants are found in Amsterdam or The Hague. It would be wise to request advice from the waiter or manager.

Holland also has many Chinese eateries. Indonesian Fried Rice uses curry, cumin and coriander not found in the Chinese dish. A Dutch Section would not be complete without a sampling of Indonesian cooking. Many Dutch families serve NASI GORENG weekly. A menu for such a meal is included. Mixes of spices for "NASI" are also available from DE PELIKAAN, 627 Franklin, Pella, Iowa 50219.

### **MENU**

NASI GORENG

INDONESIAN SALAD

BAKED BANANAS or FRESH FRUIT (bananas, oranges, etc.)

COCA COLA OR BEER (preferred)

*Mina Baker-Roelofs*

**CHEESE TRUFFLES (KAASTRUFFELS)****Maxine Huffman**

½ cup margarine or butter

celery salt and paprika to taste

½ cup grated cheese

bread crumbs from dry rye bread

Cream margarine until light and fluffy. Mix in cheese, celery salt and paprika. Roll mixture into small balls about the size of a large olive. Roll balls in bread crumbs. If not used immediately, refrigerate. Makes 18.

**CHEESE BALLS (KAASBOLLETJES)****Strawtown Inn**

1¾ cups flour

10 Tbsps. butter

1½ cups grated Gouda or Edam  
cheese

3 egg yolks

½ tsp. salt

fresh ground black pepper

Place flour, cheese, salt and pepper in a bowl. Cut butter into flour mixture until the mixture resembles coarse meal. Add the egg yolks and mix in with a fork. Gather the mixture (it will be crumbly) together with your hands. Knead, on a lightly floured board, until dough is elastic. Shape into a ball; wrap in waxpaper, and refrigerate for at least 2 hours. Shape into ½" balls by rolling bits of dough between palms of hands. Bake on a lightly buttered cookie sheet at 370° for 15-20 minutes or until golden.

**SHRIMP CROQUETTES  
(GARNALEN CROQUETTEN)****Eunice Kuyper**

3 Tbsps. butter

1 Tbsp. chopped parsley

2½ Tbsps. flour

½ tsp. grated nutmeg

1 cup milk

1½ cups grated bread crumbs

2 cups minced shrimp

1 egg beaten

Make a white sauce. When smooth, add shrimp and seasonings. Take a heaping tablespoon of mixture and shape as you wish. Dip in crumbs, beaten egg and again in crumbs. Fry in deep fat at 390°F. Drain on absorbent paper. Makes 12 croquettes.

**"GOURMET" FISH COCKTAIL****Maxine Huffman**

*This was at one time (perhaps even now) featured by a small inn restaurant in Wassenaar, near The Hague. (The name of the place was Auberge de Kieviet.)*

8 ozs. Alaskan fish with crab  
flavor

1½ tsps. worcestershire sauce

2 grapefruit, sectioned

dash of tabasco

4 Tbsps. mayonnaise

dash black pepper

3 Tbsps. heavy cream

2 Tbsps. chopped parsley

1 Tbsp. ketchup

1½ tsps. dry sherry

pinch paprika (optional)

Prepare fish. On the bottom of chilled glasses, put grapefruit sections, with fish on top. Mix mayonnaise, cream, ketchup, worcestershire, tabasco, pepper to taste and sherry. Spoon mixture over fish and grapefruit to about ¼" from the top of the glass. Sprinkle with chopped parsley and paprika. Serve with a spoon so that everyone can finish up the sauce! Yield: 4 servings.

**DUTCH PEA SOUP**

1 lb. whole peas	1½ cups celery cut fine, with tops
2 lbs. pork hocks or country style ribs	3 potatoes, diced
3 qts. water	parsley
salt and pepper to taste	4 smoked sausages or hot dogs, sliced
3 medium onions, chopped fine	

Soak peas with cold water overnight. Drain. Cook peas with meat for about 2 hours. Add next 5 ingredients and cook 1 hour. Add sliced sausages or hot dogs 15 minutes before serving. Serve hot.

**VEGETABLE SOUP (GROENTESOEP)****Mina Baker-Roelofs**

4 cups beef stock or chicken broth	1 stalk celery, sliced
2 Tbps. rice	1 onion, chopped fine
2-3 carrots, sliced	1 to 2 Tbps. margarine
4-5 brussel sprouts, quartered	2 bay leaves
¼ head cauliflower, broken into pieces	chopped parsley
	salt
	pepper

Prepare stock or broth. Add rice and cook until tender. Saute vegetables in margarine 10-15 minutes. Add vegetables and bay leaves to broth or stock. Simmer 15-20 minutes more. Remove bay leaves. Before serving add parsley, salt and pepper to taste. Pieces of beef or miniature meatballs (very Dutch) could be added to soup. Serves 4-5.

**ONION SOUP (UIENSOEP)****Mina Baker-Roelofs**

12 medium-sized onions	butter or margarine
1 quart beef stock	salt
toast	pepper

Cut onions very fine and cook in butter until done. Add beef stock and cook, add salt and pepper. Toast slices of bread and pour soup over. One-fourth cup of grated Gouda or Edam cheese per person may be served separately or added to hot soup just before serving. Serves 6.

**SLICED BEAN SOUP (SNIJBOONTJE SOEP)****Margie Kolean  
Holland, Michigan**

*This soup is best if made with pole beans or "Kentucky Wonder" (long flat beans) for the unique flavor. My mother had a "bean mill" (I have it now!) to slice up the beans.*

1 pkg. frozen sliced green beans	1 onion, chopped
3 potatoes diced	beef stock

Cook until done a beef knuckle bone or some shortribs of beef. Remove meat and bone, cool stock, skimming off fat if desired. Add vegetables to broth and cook until done; add meat cut into pieces, salt and pepper to taste. Some of the potato pieces may be mashed and then returned to the soup, to make the broth thicker.

**BROCCOLI-CAULIFLOWER CHEESE SOUP**

Eunice Kuyper

8 cups water	2 leeks, sliced (remove some tops)
2 Tbsps. Wyler's chicken bouillon crystals	½ cup margarine
1 head cauliflower, broken into pieces	½ cup flour
1 bunch broccoli, stems removed and broken into flowerets	2 cups milk
	2 cups grated cheddar or Gouda cheese

Bring water to a boil. Add bouillon, add cauliflower, broccoli and leeks. Cover and simmer 10-15 minutes. Crush vegetables into small pieces. Make a roux of margarine and flour. Cook over low heat until flour browns slightly. Add milk and whisk until thickened. Add cheese to soup and simmer until blended. Season with white pepper and nutmeg.

**DUTCH SUGAR BREAD (Frisian)**Ralph Jaarsma  
Dandy Dutch Recipes, Penfield Press

1 pkg. active dry, or 1 cake compressed, yeast	2 tsps. salt
¼ cup water	1 tsp. cinnamon
2 cups milk, scalded	1 Tbsp. shortening
2 Tbsps. sugar	6½ to 6¾ cups sifted enriched flour
	½ lb. sugar cubes

Soften active dry yeast in warm water (110°), or compressed yeast in lukewarm water (85°).

Combine milk, sugar, cinnamon, salt, shortening. Cool to lukewarm. Add 2 cups flour, stir well. Add softened yeast, stir. Add flour to make moderately stiff dough.

Turn out on lightly floured surface; knead until smooth and satiny (about 8 minutes). Shape into ball; place in lightly greased bowl, turning once to grease surface. Cover, let rise in warm place until double in bulk (about 1½ hours). Punch down. Let rise again until double (about 45 minutes).

Chop sugar cubes if desired. Fold into dough before molding bread into loaves. Divide into 2 portions. Shape each into a smooth ball; let rest 10 minutes. Shape into loaves, place in 2 greased 9½x5¼x2¾" loaf pans. Let rise until double, about 1 hour. Bake at 400° about 50 minutes.

## RYE BREAD (ROGGE BROOD)

Hilma Schagen Schakel  
Mrs. Adrian Schagen, Dutch Treats (1959)

*My mother Anna Gras Schagen brought this recipe with her when she immigrated to America from the province of Friesland in The Netherlands. In Friesland, ROGGE BROOD is served sliced thin, buttered, topped with cheese or served on top of a slice of white bread. This is called HOUTSNIP (name of a bird) and is served for lunch or supper.*

1 cup white flour	½ tsp. salt
3 cups cracked rye	1 cup dark karo syrup
1 tsp. baking soda	3 cups buttermilk

Combine all ingredients and pour into well-greased loaf pan, 9½x5". Let rise for 1 hour. Bake in slow oven 300° to 325° for 5 hours.

This is a very heavy, dark, coarse bread.

## MEAT-EGG OPEN-FACED SANDWICH (UITSMIJTER)

Mina Baker-Roelofs

*In The Netherlands, an "UITSMIJTER" is a dish ordered mostly in a small or station restaurant when one is in a hurry but wants to eat something substantial.*

butter or margarine	slices of boiled ham or rare
2 slices of white or whole wheat bread	roast beef
2 eggs per person	dill pickle.

Butter bread and cover with meat slices. Fry the eggs and put on top of the meat. Garnish with dill pickle. Serves 2.

## STUFFED BREAD ROLLS

Pieter Bos

8 long bread rolls	3-4 Tbsps. flour
8 ozs. meat or ham, minced	salt
1 cup stock	pepper
2-3 Tbsps. butter	parsley

Make a sauce with the stock, butter and flour. Mix the meat with it. Season with salt, pepper and chopped parsley. Scoop out the insides of the rolls and fill with the mixture, brush with melted butter. Replace the lid and bake for 10 minutes at 350° in the oven or over the grill.

## DUTCH "TOASTS"

Mina Baker-Roelofs

2 sweet pickles, diced	½ cup mayonnaise
1 cup chopped, cooked chicken or canned tuna	4 slices white or whole wheat bread
1 Tbsp. chopped parsley	4 slices Gouda cheese
2 tsps. capers (optional)	

Mix chicken with pickle, parsley, capers and mayonnaise. Toast bread (oven toast makes product crisper). Spread on chicken mixture and top with cheese. Place under broiler to melt cheese. Serves 4.

## DUTCH SPICE ROLL (ROLLADE)

Mina Baker-Roelofs

A 5-6 lb. beef boned rib or rump roast suitable for rolling is used. According to "HET VOLKEREN VLEESBOEK" (People's Meat Cookbook), some of the following spices may be selected: salt, pepper, onion salt, thyme, rosemary, bay leaves, cloves or nutmeg. I would use salt, pepper, ground cloves and nutmeg. Spices are rolled into roast and baking or roasting time is increased for compactness of roll. Dry heat would be used for rib roast, moist heat for a rolled rump.

In Dutch communities, Spice Rolls may be purchased at local butcher shops. Juices (unthickened) are served with the roast.

## STUFFED FILLETS OF VEAL (BLINDE VINKEN) Strawtown Inn

8 (5 oz.) portions thinly sliced veal	1 Tbsp. finely chopped onion
1 lb. finely ground beef (or veal, pork or combination)	1 Tbsp. very fine chopped parsley
$\frac{1}{2}$ tsp. salt	4 eggs
$\frac{1}{4}$ tsp. pepper	2 rusks, crumbled fine
1 tsp. nutmeg	vegetable shortening
	1 can chicken (or beef) broth

Pound veal slices to  $\frac{1}{4}$ " thickness. Mix well the ground beef, salt, pepper, nutmeg, onion, parsley, eggs and rusks; divide into 8 portions. Roll a slice of veal around each portion and tie securely with string. Fry in small amount of shortening until well browned. Drain and place in bottom of roaster. Add the broth to pan in which veal rolls were browned, scraping well to loosen all particles of browned meat. Pour over rolls. Cover roaster and bake at 325° for 1½ hours or until tender. Serve with the following sauce:

### Sauce:

1 Tbsp. finely chopped onion	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ lb. mushrooms, sliced	1 cup chicken (or beef) stock
3 Tbsps. butter	$\frac{1}{3}$ cup red wine
1 tsp. lemon juice	$\frac{1}{2}$ pkg. dry Knorr's oxtail soup mix

Saute onion and mushrooms in butter. Add lemon juice and simmer 2 to 3 minutes. Add flour to make a roux and add chicken stock, wine and oxtail soup; mix. Simmer, adding more wine or stock (or boiling water) until sauce is the consistency of thick cream. Serve piping hot over Blinde Vinken.

## VEAL OLIVER

Mina Baker-Roelofs

8 (4 oz.) slices veal	1 lemon, sliced
2 to 3 Tbsps. butter or margarine	salt
1 cup veal stock	pepper

Pound veal, season with salt and pepper, roll and tie with string. Brown in butter or margarine. Arrange in glass baking dish with lid. Place a slice of lemon on each. Pour stock over rolls. Cook covered at 350° for 1 hour. Remove string. Serves 8.

## **MEAT BALLS (GEHAKT BALLETJES)**

1 lb. ground beef  
1 lb. ground pork  
2 eggs  
2 Dutch rusks crumbled (any dry crumbs may be used)

Mix all ingredients thoroughly and shape into small balls (1" diameter). Brown in frying pan in small amount of cooking oil. Transfer to cooking pan and add drippings and enough water to make a broth and cook until done. There should be enough broth to make gravy.

## **DUTCH HEAD CHEESE**

3 lbs. roast beef, cooked  
3 lbs. roast pork, cooked  
 $\frac{1}{2}$  onion, finely chopped  
2 tps. allspice

Grind meat, onion, spice and dissolved gelatin (check package directions). Add enough broth to moisten meat, stir in vinegar, salt and pepper. Pack firmly into bread pan or mold. Cover. Chill thoroughly. Slice and use for sandwiches. Good sliced with fried potatoes.

## **FISH FILLETS (SCHOL UIT DE OVEN)**

6 (5 to 6 oz.) sole fillets  
( $\frac{1}{8}$ " thick)  
1 Tbsp. fresh lemon juice  
1 tsp. salt  
3 Tbsps. butter  
6 bacon slices  
1 cup flour

Pat the fillets dry. Sprinkle both sides with lemon juice and salt. Set aside (at room temperature) for about 30 minutes. Preheat oven to 500°. Spread 2 Tbsps. butter, softened, over bottom and sides of a shallow, enameled baking dish (should be large enough to hold fish in one layer). Cut a piece of waxpaper to fit snugly inside baking dish and spread 1 Tbsp. butter, softened, on one side of the paper. Set aside.

Fry the bacon over moderate heat until lightly colored and begins to crisp. Drain on paper towels. Pat the fillets dry and fold lengthwise in half, doubling them over. Press edges together to hold them in shape. Dip fillets in flour and shake gently to remove excess. Sprinkle both sides with the dill seeds and nutmeg. Arrange side by side in buttered baking dish and lay a strip of bacon on each one. Grind a little pepper over the top. Combine cheese, bread crumbs and almonds. Scatter the mixture evenly over the fish. Dot with the chilled butter that has been cut into bits. Bake in upper third of the oven for 10 minutes, or until topping is brown and the fish flakes easily. Serve at once.

**Dorothy Bosch from her mother  
Mrs. Kranendonk, Oostburg, Wis.**

1 tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{8}$  tsp. ground cloves  
 $\frac{1}{8}$  tsp. allspice

## **Viola Van Wyk**

2 Tbsps. unflavored gelatin  
meat broth with fat removed  
 $\frac{1}{4}$  cup vinegar or to taste  
salt and pepper as desired

## **Strawtown Inn**

$\frac{1}{4}$  tsp. dill seed  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{4}$  cup grated Gouda cheese  
 $\frac{1}{3}$  cup soft fresh bread crumbs  
freshly ground pepper  
 $\frac{1}{4}$  cup grated blanched almonds  
3 Tbsps. chilled butter

**Mrs. H.P. Scholte's  
ROAST CHICKEN**

**(Pella Cook Book-1901, a  
favorite of Mina Baker-Roelofs)**

This cannot be done well without an iron kettle with a round bottom. (A modern-day cast aluminum kettle does very well. Ed.) Another thing, a chicken should not be cooked the day it is killed; the meat is apt to be stringy and tough.

Have the kettle hot and in it a cup of butter; let it cook until the foam is gone. Then put a whole chicken in dry, for it wants to fry a nice brown at once; keep it closely covered. When brown on one side, turn until all is browned, then add  $\frac{1}{2}$  cup cold water, cover tight and let it cook a little slower. As soon as the water is cooked away, add more — never more than  $\frac{1}{2}$  cup at a time. Do this until the chicken begins to loosen at the joints; do not salt until it has cooked an hour. Give it time to cook well — 3 hours for a chicken one year old. If it is done before that time, set it back on the stove and let it simmer.

Take great care that the gravy does not burn (some think that is the nicest part). When ready to serve, put the gravy in a gravy boat, put  $\frac{1}{2}$  cup water in the kettle, let it boil so as to get the brown fryings loose from the kettle, then add to the gravy.

**BALKENBRIJ**

**Diane Den Herder  
Sioux Center, Iowa**

13 cups water	1½ cups buckwheat or whole wheat flour
3 cups cracklings (or fried hamburger)	4 cups white flour
2 Tbsps. salt	2 tsps. cloves

Bring water to a boil. Add remaining ingredients and mix with mixer until thick. Place in pans and chill. When firm, slice, fry and serve with pancake or dark corn syrup.

**MICROWAVE KRAUT WITH POTATOES,  
BACON AND SAUSAGE**

**Mina Baker-Roelofs**

**(STAMPPOT VAN ZUURKOOL MET SPEK EN WORST)**

8 (or 2 lbs.) boiling potatoes	1 (1 lb.) can sauerkraut, drained and washed
7 slices bacon, cut fine	pepper to taste
3 small onions, chopped	1 lb. sausage or Pella bologna
¼ to ½ lb. mushrooms, sliced	(precooked, cut pieces or slices)
3 Tbsps. margarine	

Put potatoes and water in large casserole. Cover loosely with punctured plastic wrap and cook on high (microwave) for 10 minutes. Mash with potato masher or electric mixer. Cook bacon on high (microwave) 3 minutes, stir in potatoes. Microcook onions, mushrooms and margarine 2 minutes, stirring twice. Add to potato mixture. Stir in kraut. Season. Slice or cut sausage. Put over potato mixture. Heat through (5 to 7 minutes). Serves 6.

## SAUERKRAUT CASSEROLE

1 (14 oz.) can sauerkraut, drained	$\frac{1}{2}$ lb. Canadian bacon, sliced thin
4-5 potatoes, cooked and mashed	1 (8 $\frac{3}{4}$ oz.) can crushed pineapple, drained
with milk, butter and seasonings	

In bottom of 2-quart casserole, put a layer of bacon, then a layer of mashed potatoes, topped with sauerkraut, mixed with crushed pineapple. Cover with mashed potatoes. Dot with butter. Bake at 350° for 40 minutes. Serves 6-8.

Elisabeth Kroes

## HOTCH POTCH (HUTSPOT) (A variation of Beef Stew)

Lorena Vande Burgt  
Redlands, California  
Mina Baker-Roelofs

*For over 400 years, on October 3, Netherlanders feast on HUTSPOT. In 1574, the Dutch drove the Spanish from LEIDEN, now the location of Central's Dutch Program. The town's famished citizens were thankful to find a kettle of stew over a Spanish campfire. HUTSPOT is also a popular dish throughout the year.*

1 $\frac{1}{2}$ lbs. boneless beef chuck or flank steak	8 carrots, sliced
2 cups water	8 potatoes, quartered
1 $\frac{1}{2}$ tsps. salt	6 medium onions, diced
	pepper

Heat water and add salt. Add meat and simmer (with lid) for 2 hours. Add vegetables and cook  $\frac{1}{2}$  hour more or until softened. Add more liquid if necessary. Puree or mash vegetables (coarse) and check for seasoning. Place in center of a platter with sliced meat around edge. Serves 6.

## P.H. Kuyper's PETE'S HUTSPOT (His own recipe)

1 lb. ground round steak	2 lbs. carrots sliced $\frac{1}{4}$ " thick
1 lb. ground pork	1 lb. onions cut in eighths
3 lbs. potatoes sliced $\frac{1}{4}$ " thick	salt and pepper to taste

Saute ground meats in large pot, stirring until lightly browned. Add vegetables and enough water to just cover vegetables. Cover tightly and cook until vegetables are tender. Mash lightly until well mixed. Season to taste and serve hot.

(Pella Collector's Cookbook,  
a favorite of Mina Baker-Roelofs)

## PIGS IN THE BLANKET (for a crowd) (SAUCIJZE BROODJES)

Millie Vande Kieft

DOUGH:	2 tsps. baking powder
5 cups flour	3 sticks margarine
1 Tbsp. sugar	2 eggs, beaten
1½ tsps. salt	1½ cups milk

Mix and refrigerate while you mix the filling.

FILLING:	3 large eggs
4 lbs. ground beef	1 tsp. salt
2 lbs. ground pork	3 tsps. allspice
6 Dutch rusks, ground very fine	3 tsps. sage 1½ tsps. pepper

Mix all ingredients and roll into "pigs" about 2½" or 3" long.

Roll out dough on a floured board, only small amounts at a time. Cut into squares, just large enough to completely wrap the pigs. Cut off the extra dough from the edges. Place on cookie sheets and freeze. Makes 75-85 "pigs".

When ready to use, brush the tops of the pigs with a beaten egg. Place on a greased cookie sheet and bake in 350° oven for 45 minutes or until golden brown. (No need to thaw before baking.)

Note: According to a Dutch friend, Saucijze Broodjes is correct. Calling them "Saucijzes" means only sausage or meat rolls (M.B.R.)

## PLAIN OMELET

Mina Baker-Roelofs

*The importance of the omelet (French type) in Dutch restaurants is often overlooked. An interesting, inexpensive menu served at the EETHUIS TAVERNE in AMSTERDAM included an omelet, cooked rice (Dutch would also frequently use potatoes), applesauce (APPELMOES) and lettuce with strips of pimiento. An omelet served with vegetables, ground meat, or mushrooms would be known as a "farmer's omelet."*

6 eggs	dash pepper
½ cup milk or light cream	3 Tbsps. butter or margarine
½ to ¾ tsp. salt	

Beat slightly (to blend) the eggs, milk, and seasonings. Melt fat. Add egg mixture. Run spatula around edge, lifting to allow uncooked portion underneath. Brown slightly. Add vegetables or meat to half and fold in pan.

**Frances Van Wyngarden's  
DUTCH RED CABBAGE  
(RODE KOOL)**

¾ cup water  
1 small head (2 lbs.) red cabbage,  
sliced fine (5 cups firmly packed)  
3 tart apples, cored, peeled,  
cut in eighths  
¼ cup firmly packed brown sugar

**(Pella Collectors' Cookbook, a  
favorite of Mina Baker-Roelofs**

¼ cup vinegar  
½ tsp. allspice  
¼ tsp. cinnamon  
¼ tsp. cloves, ground  
2 Tbsp. butter or margarine

In large saucepan, bring ingredients (except 1 Tbsp. butter) to boil. Reduce heat and cover. Stir occasionally, simmer 45 minutes or until cabbage is crisp-tender. Stir in remaining 1 Tbsp. butter. Serve hot.

**For microwave:** combine all ingredients except water in 3 quart casserole. Cover and cook on high, stirring once for 12-15 minutes or until cabbage is crisp-tender. Let stand covered for 3 minutes.

**ASPARAGUS IN THE DUTCH WAY**

4 lbs. fresh asparagus, trimmed  
and steamed for 3 minutes  
2 lbs. smoked ham sliced  $\frac{1}{8}$ "  
thick and warmed (roll up)

3 lbs. peeled new potatoes, boiled  
8 hard-cooked eggs mashed  
1 cup melted butter  
1 tsp. ground nutmeg

Arrange asparagus in center of large oval platter. Arrange boiled potatoes on one end and rolled ham on the other. Sprinkle eggs over top and garnish all with melted butter and nutmeg. Serve hot. Typical Dutch dish from the Province of Limburg. Serves 8.

**Eunice Kuyper**

**FRENCH CUT GREEN BEANS (SNIJBOONTJES)      Alice Lammers**

*Originally, green beans were cut (French style) in a Dutch bean mill. The beans were put in a crock and covered with salt and presed down. Juice formed as the beans were stored. When the original SNIBOONEN were used, the salt was washed off and the beans were cooked. Now frozen French-style beans are used and seasoned with bacon drippings or nutmeg and margarine. An old recipe is included.*

1½ pounds string beans      ½ cup salt (about)

Wash long, tender green beans well. Cut in thin slices diagonally. Place in an earthen jar in layers with 2 tablespoons salt sprinkled over each layer. When brine comes over beans they can be packed in fruit jars and covered with the brine. To prepare for serving, soak in cold water for a few hours and drain. If necessary, soak and drain a second time. Cover with fresh water and cook until tender. Makes 1 quart.

## DUTCH MESS

Madeline Vanderzyl

*Every family seems to have a favorite way of making Dutch Mess and this was the favorite in ours.*

2 large potatoes	4 to 6 strips of bacon
salt	½ head of leaf lettuce
2 hard-boiled eggs	1 to 3 tsps. sugar
2 to 4 fresh green onions	1 to 3 Tbsps. vinegar

Peel, cut up and cook potatoes in lightly salted water (can wash eggs and boil them with the potatoes). While potatoes are cooking, wash and break up lettuce and add chopped onions. Fry bacon until crisp. Remove from drippings and drain on a paper towel. To the bacon drippings add sugar and vinegar to taste and bring to a boil. Mash potatoes and toss with lettuce and onions. Pour enough dressing over this to mix well. Toss in cut-up, hard-boiled eggs. Crisp bacon strips can be served on the side, or broken up and added to the mess. Amounts can be increased or decreased according to taste and number of servings.

## Mrs. Bert Baron's DUTCH LETTUCE

(Pella Collectors' Cookbook,  
a favorite of Maxine Huffman

Make the following sauce in advance, which may be kept in the refrigerator for several weeks.

SAUCE:	6 servings hot-boiled potatoes
1 Tbsp. butter	4 hard-cooked eggs
1 Tbsp. flour	6 servings coarsely cut lettuce, a little onion added
½ cup water	6 strips bacon
2 egg yolks (or 1 whole egg)	½ cup vinegar
½ cup sugar	½ cup water
½ cup vinegar	

Melt butter, add flour; when well blended add water and bring to a boil while stirring. Beat egg yolks, add sugar and vinegar; blend and stir into the hot sauce. Let come to a boil. Have ready: potatoes, eggs, lettuce, onion. Cut bacon into small pieces, fry in skillet until nicely browned, add 3 or 4 Tbsps. of the above sauce, vinegar and water. Bring to boil in skillet and keep hot. Place a layer of hot potatoes (riced or mashed) in bowl; then a layer of lettuce, 2 sliced hard-cooked eggs and several tablespoons of the hot bacon dressing. Add remainder of potatoes, lettuce and sliced eggs. Pour rest of dressing over this and serve immediately.

## DUTCH COLESLAW

Mina Baker-Roelofs

The term originated in The Netherlands. It was called "KOOL" (cabbage), "SLA" (salad). As soon as the crop came in, the Dutch turned it to COLESLAW.

7 to 8 cups shredded cabbage	$\frac{1}{4}$ to $\frac{1}{2}$ cup minced celery
$\frac{1}{2}$ cup minced onion	3 Tbsps. chopped green pepper
$\frac{1}{2}$ cup chopped pimiento	salt and pepper
$\frac{1}{2}$ cup sour cream	

Combine ingredients and toss lightly. Add an old-fashioned "boiled dressing" and toss again. Cover and refrigerate several hours.

## COBB SALAD

Mina Baker-Roelofs

A currently popular salad served in Dutch restaurants though of American origin, is Cobb Salad.

On a bed of chopped lettuce or a combination of three salad greens, alternating ingredients are arranged in a ring: tomato wedges, avocado slices and pieces of \*marinated chicken breast. (A dinner-sized plate is used.) A sliced, hard-cooked egg is placed in the center of the salad.

Guests are given their choice of dressings. Finely chopped bacon is pan-broiled or microwaved and used with ripe olive slices to garnish salad.

\*For marinade, use a combination of soy sauce and sherry.

**Variation:** Spread mayonnaise on toast triangles. Cover with a slice of grilled chicken breast, slices of avocado and tomato.

## HUSSAR SALAD

Mina Baker-Roelofs

Traditionally, a salad made of leftovers. A servant girl would make it as tasty as possible for her soldier lover.

$\frac{1}{2}$ lb. cold meat, cut in small pieces	$\frac{1}{4}$ cup pickled onions
1 beet, cooked and cut up	$\frac{1}{3}$ cup small sweet pickles, sliced
6-8 potatoes, boiled, cooked and cubed	salt and pepper
3 sour apples, diced	gravy or mayonnaise
	2 hard-cooked eggs, sliced

Mix vegetables, apples and meat together lightly. Add gravy or mayonnaise to achieve moistness desired. Taste for seasoning. Garnish with egg slices and a few diced beets.

## DUTCH CHEESE SALAD

8 ozs. Gouda or Edam cheese  
½ green pepper, seeded and diced  
1 red pepper, seeded and diced  
1 sweet dill pickle, cut fine  
1 apple, chopped  
1 cucumber, chopped

Mina Baker-Roelofs

1 cup diced ham  
¾ cup mayonnaise  
½ tsp. grated horseradish  
1 tsp. chopped dill  
1 tsp. sugar  
salt & pepper to taste

Cut cheese in strips. Mix ham, peppers, pickle, cucumber and apple. Blend mayonnaise with seasonings. Mix with salad ingredients and toss lightly. One tablespoon of lemon juice could be added for a more tangy salad. Chill for at least 30 minutes. Serves 4.

## POPPY SEED DRESSING

1½ cups salad oil  
½ cup apple cider vinegar  
or lemon juice  
1 cup sugar

Eunice Kuyper

¼ cup chopped onion, OR 1 tsp.  
onion flakes in 1 tsp. boiling water  
1½ Tbsps. poppy seeds  
salt & pepper to taste

Put all ingredients in a blender and mix well. Serve on mixed greens. Dressing keeps well.

## Ralph Jaarsma's DUTCH LETTERS (Puff Pastry Method)

4½ cups all-purpose flour  
1 teaspoon salt  
1 pound butter  
1 egg  
½ cup sugar  
1 cup water

Dandy Dutch Recipes  
Penfield Press)

1 can (8 ounces) almond paste  
½ cup sugar  
½ cup brown sugar  
2 egg whites  
milk

In a large mixing bowl, combine flour and salt. Cut butter into ½" slices. Stir into flour mixture, coating each piece to separate it. (Butter will be in large chunks.) In a small bowl, combine egg and water. Add all at once to the flour mixture. Mix quickly. (Butter will still be in ½" pieces, and flour will not be completely moistened.)

Turn the dough onto a lightly floured surface and knead it 10 times, pressing and pushing dough pieces together to form a rough-looking ball. Shape the dough into a rectangle. (Dough still will have some dry-looking areas.) Flatten the dough slightly. Working on a well-floured surface, roll out the dough to a 15x10" rectangle. Fold the 2 short sides to meet in center and then fold in half to form 4 layers (this should give you a 5x7½" rectangle). Repeat the rolling and folding process once.

Cover the dough with plastic wrap; chill it for 20 minutes. Repeat rolling and folding two more times and chill 20 minutes more. Meanwhile, in a small mixing bowl, combine the almond paste, sugar, brown sugar and egg whites; beat until the mixture is smooth; set aside.

Cut chilled dough crosswise into 4 equal parts. Keep unused dough chilled. Roll part of the dough into a  $12\frac{1}{2} \times 10$ " rectangle. Cut into five  $10 \times 2\frac{1}{2}$ " strips. Spread 1 slightly rounded tablespoon of the almond mixture down center third of each strip. Roll up each strip lengthwise. Brush edge and ends with milk or water. Pinch to seal. Place seam-side down on ungreased baking sheet, shaping each into the letter "S" or desired letter. Brush with milk and sprinkle with sugar. Repeat with remaining dough and filling. Bake in a  $375^{\circ}$  oven for 25 to 30 minutes or until golden. Cool on wire racks. Makes 20.

### DUTCH LETTERS (Banket)

Ruth Jolly Knapman  
Fairbanks, Alaska

#### PASTRY:

4 cups flour	1 cup butter
$\frac{1}{2}$ tsp. salt, sifted with flour	1 cup lard
	$1\frac{1}{4}$ cups water

Cut fat into flour until mixture resembles coarse crumbs. Sprinkle water on flour mixture and toss lightly. Chill 1 hour or overnight.

#### FILLING:

1 $\frac{1}{2}$ pounds almond paste	1 $\frac{1}{2}$ tsps. almond flavoring
3 cups sugar	4 eggs, beaten
1 $\frac{1}{2}$ tsps. vanilla	1 egg for brushing dough
	sugar for sprinkling

Mix ingredients and chill. Divide dough into 4 parts; roll each to rectangle  $20'' \times 14''$ . Cut in strips  $14'' \times 4''$ . Spread filling down center of each strip and roll up from long side and seal, brushing one edge with water to help it stick. Place on greased cookie sheets; form each roll in an "S" shape if desired. Brush with beaten egg and sprinkle with sugar; prick with fork every 2". Bake at  $350^{\circ}$  for 20-25 minutes. Makes 20 letters.

### OLD FASHIONED DUTCH LETTERS (BANKET) Josie Vander Pol

1 lb. almonds	$\frac{1}{2}$ lemon - rind only
2 cups sugar	3 eggs

Grind blanched almonds through fine food chopper. Add sugar, lemon rind and egg and place in jar in refrigerator for 4-5 weeks.

#### CRUST:

2 cups flour	1 cup butter
	$\frac{1}{2} - \frac{3}{4}$ cup water to make soft dough

Make into pastry dough. Cool in refrigerator for  $\frac{1}{2}$  hours. Remove and roll out. Put back in refrigerator for another  $\frac{1}{2}$  hour. Repeat procedure 3 times. This makes it flaky. After final time roll out. Check other Dutch Letter recipes for further procedures. Bake at  $375^{\circ}$  for 25 minutes.

## DUTCH LETTERS WITH MODIFIED FILLING (BANKET or KERSTGRAMS)

Irene Vruwink

### CRUST:

1 lb. butter	1 cup water
4 cups flour	1 tsp. salt

### FILLING:

3 medium Irish or sweet potatoes	1 cup nutmeats, cut very fine
$\frac{1}{8}$ tsp. salt	2 lbs. powdered sugar

almond flavoring to taste

Mix crust as you would do pie crust. Bake potatoes, scrape from shells and sieve. Blend in salt, nuts, powdered sugar and flavoring. For a ring, cut rolled dough into 16x5" strips. Add filling and spread down center. Decorate with red and green candied cherries. For children, form letters forming first letters of their names. Use dough 14x4 $\frac{1}{2}$ " for the letters. Bake 20 minutes at 450°. Makes approximately 12 letters or rings.

## Margaret (Mrs. Jim) Klyn's DUTCH DOUGHNUTS or FRITTERS

(Dutch Treats, a favorite  
of Maxine Huffman)

*This recipe was given to me by Mrs. Gerrit Branderhorst of the Netherlands when she learned that it was not our tradition, as it is theirs, to serve these on New Year's Eve. Now that we have tasted them, it will be a part of our New Year's Eve celebration also!*

2 cups lukewarm water or milk	$\frac{1}{2}$ cup softened shortening
$\frac{1}{2}$ cup sugar	1 quart chopped raw apples
2 tsps. salt	1 heaping cup raisins
2 cakes compressed yeast	1 heaping cup currants
2 beaten eggs	7 to 7 $\frac{1}{2}$ cups sifted flour

Mix as for any bread sponge. Let rise in warm place until doubled in bulk. Break off by spoonfuls and fry in deep oil at 375°. Roll in powdered sugar.

## FRIED DUMPLINGS (Olie Bollen)

Mina Baker-Roelofs

*This Dutch treat made with baking powder is similar to a large doughnut hole with fruit added.*

$\frac{3}{4}$ cup milk	$\frac{1}{2}$ tsp. salt
4 Tbsp. vegetable oil	1 tsp. nutmeg
2 eggs, beaten	$\frac{1}{2}$ to $\frac{3}{4}$ cup raisins, chopped
$\frac{1}{2}$ cup sugar	apples or citron
2 $\frac{1}{2}$ cups flour	sugar-cinnamon mix or powdered
1 Tbsp. baking powder	sugar

Combine liquid ingredients and add sifted dry ingredients. Mix thoroughly. Drop by teaspoonfuls into hot vegetable oil at 375°. Fry until golden brown. Drain on absorbent paper and roll in cinnamon-sugar mix or powdered sugar. Makes 30 dumplings.

## BUTTERMILK WAFFLES

Beatrice J. Olsen  
Tacoma, Washington

*Crisp, honeycomb-like cakes baked in hinged irons have been popular in Western Europe for at least 800 years. In France, they were baked and sold in the streets. The Dutch gave them the name "wafel" from a word meaning "honeycomb." Dutch settlers introduced waffles to this country. A new bride often received a waffle iron engraved with her initials and the date of her marriage.*

1 ¾ cups flour	1 ½ cups buttermilk
2 tsps. baking powder	5 Tbsps. oil
1 tsp. soda	2 eggs
½ tsp. salt	

In a large bowl, mix first 4 ingredients; add buttermilk, oil and eggs; beat until well blended.

When the waffle baker is ready to use, pour batter into center of lower half until it spreads to about 1" from edges. Cover and bake as manufacturer directs. When waffle is done, serve at once with a selection of jams and syrups.

Repeat until all batter is used. Makes 4 servings.

## APPLE PANCAKES (FLENSJES MET APPELEN)

Mina Baker-Roelofs

3 eggs	<b>Filling:</b>
¼ tsp. salt	3 cooking apples
1 Tbsp. sugar	juice of one lemon
1 cup flour	1 tsp. cinnamon
2 ½ cups milk	½ cup sugar
1 Tbsp. melted butter	

Beat eggs, salt and sugar together. Blend in flour and stir, adding milk gradually, to a smooth, creamy batter. Stir in melted butter. Peel and core apples and cut in very thin slices. Pour lemon juice over and sprinkle with cinnamon and sugar.

Heat frying pan, grease with butter, and pour 2 or 3 tablespoons batter into pan, tilting pan to make batter spread evenly. Bake ½ minute, place apple slices over batter and pour over another 2 or 3 tablespoons batter. When baked on one side, turn pancake with turner. Fold or roll pancake and sprinkle with sugar and cinnamon. Keep hot. Continue baking new pancakes the same way. Serves 4.

## MEAT-FILLED PANCAKES (VLEES PANNEKOEKEN)

### BATTER:

1 cup flour  
1½ cups milk  
2 eggs  
salt, pepper  
oil for frying

Mina Baker-Roelofs

### FILLING:

2 cups cooked meat, chopped fine  
4 Tbsps. butter  
⅓ cup flour  
salt, pepper, nutmeg, lemon juice  
2 cups beef stock  
½ cup canned mushrooms  
parsley

Make a thick, browned sauce of butter, flour and stock and season to taste; it should be quite tart. Keep stirring while adding meat and mushrooms. Keep the mixture hot, but do not let it cook, so as to prevent the meat from getting tough.

Make a smooth batter of the pancake ingredients. Heat butter in a 10" skillet. Using half the batter, brown the pancakes on one side until done. Shake it, brown side down, onto a hot, round platter and keep hot. With the remainder of the batter, make another pancake in the same manner. Meanwhile, spread the meat mixture evenly over the light side of the first pancake, and turn the second one, brown side up, onto the first. Cut in wedges, sprinkle with chopped parsley and serve at once. Serves 4.

## DUTCH BABY

Betty O'Dell  
London, England

*This recipe takes 10 minutes to prepare, 30 minutes to bake, and about 10 minutes to assemble. It can be assembled at the table.*

2 eggs (or 3 eggs for an  
"eggy" pancake)  
½ cup sifted flour  
½ tsp. salt  
½ cup milk  
2 Tbsps. melted butter  
1 Tbsp. lemon juice  
(or a little more)  
1½ pints strawberries

1 pkg. frozen, sliced peaches,  
drained (other fruits can be  
substituted according to the  
season or the tastes of the cook)  
powdered sugar  
dairy sour cream or whipped  
cream (can add brown sugar  
and cinnamon)

Heat oven to 450°. Put a little butter in a 9" skillet with a heat proof handle, and put it in the oven to heat while mixing the batter. Sift flour and salt together. Add with the milk to the beaten eggs; beat until smooth. Stir in 2 Tbsps. melted butter. Pour into pan. Bake on bottom shelf 20 minutes. Reduce heat to 350°. Prick shell; bake 10 minutes. At the table: have ready the plates of fruit, lemon wedges, sugar and cream. Drizzle the shell with lemon juice; sprinkle with sugar. Fill with fruit. Cut in wedges and top with cream. Serve at once!

This delicacy is often served in Dutch pancake restaurants. Serves 6.

## HOME STYLE DUTCH CRULLERS (POFFERTJES)

Mina Baker-Roelofs

In The Netherlands, Poffertjes, small, light and fluffy crullers, will be made and available for sale (as are Olie Bollen) at Market Days or Carnivals. Special iron molds are used on such occasions. This delicacy is served with powdered sugar. Poffertjes are available at Pella's Tulip Time.

4 Tbsps. sugar	1 tsp. grated orange rind
1 tsp. salt	1 cup flour
4 Tbsps. fat	3 eggs
1 cup hot water	

Put sugar, salt, fat, rind and water in saucepan. Heat to boiling point. Add flour and mix well. Cook until thick (like cream puffs) stirring constantly. Cool slightly. Add 1 egg at a time, beating hard after each addition. Press through pastry bag on to well greased square of heavy paper. **one at a time.** Turn paper upside down and let cruller drop into hot fat. Fry 6-7 minutes until well puffed and delicate brown. Drizzle with powdered sugar or ice with plain powdered sugar icing.

## DUTCH YELLOW CAKE

Nellie Branderhorst

1 cup butter, softened	1½ cups flour
4 eggs	1 tsp. lemon rind
1 cup sugar	½ to 1 cup golden raisins
1 tsp. baking powder	(optional)

Beat eggs and sugar thoroughly. Add butter and beat again. Sift flour with baking powder and fold in. Add rind and raisins. Bake in 2 greased loaf pans at 325-350° for approximately 50 minutes.

## ALMOND CAKE (DUTCH KOEK)

Bernice Vander Ploeg

½ cup butter (no substitution)	¼ tsp. almond flavoring
1 cup sugar	½ cup (rounded) almond paste
1 egg	1 cup flour

Cream butter and sugar. Beat in egg and almond flavoring. Mix in almond paste. Beat until light and fluffy (about 5 minutes). Stir in flour. Spread in 9" round cake pan, buttered, floured and lined with waxpaper. Garnish with coarse sugar and sliced almonds. Bake at 325° for 50 minutes. Cut in wedges. Serves 12-16.

## ORANGE CAKE

2 medium-sized oranges  
 $\frac{1}{3}$  cup English walnuts  
1 cup golden raisins  
2 cups flour  
1 cup sugar

1 tsp. soda  
1 tsp. salt  
 $\frac{1}{2}$  cup margarine, softened  
 $\frac{3}{4}$  cup milk

Grind together orange, walnuts and raisins. Sift together flour, sugar, soda and salt. Add margarine and milk. Beat for 2 minutes. Add orange, raisin, nut mixture. Blend. Bake in a 12x8" pan for 45-50 minutes at 350°. Drizzle  $\frac{1}{2}$  cup orange juice over warm cake. Mix  $\frac{3}{4}$  cup sugar, 1 tsp. cinnamon and  $\frac{1}{3}$  cup finely chopped nuts and sprinkle over cake. Serve with whipped cream if desired. Serves 12.

## MERINGUE OR FOAM COOKIES (SCHUIMPJES)

Shirely Weller

3 egg whites   ½ tsp. vanilla or almond extract  
1 cup white sugar

Beat egg whites and sugar until stiff. Drop mixture by teaspoonfuls on greased baking sheet. Bake at 225° for 75 minutes. Turn oven off and leave in oven until cool. Cookies should be baked on low rack in oven.

Note: Add 1 cup coconut or 1 cup chopped walnuts to make macaroons.

## Mrs. Adrian Schagen's DUTCH FIGURE-EIGHT COOKIES (KRAKELINGEN)

**(Dutch Treats, a  
favorite of  
Mina Baker-Roelofs)**

*These cookies are called girls or meijses of a Dutch town or city. For example, ARNHEMSE MEIJSES are found in ARNHEM (GELDERLAND PROVINCE) Holland. (M.B.R.)*

4 cups flour                            1 egg, beaten  
2 tsps. baking powder                1 cup milk  
1½ cups butter                        sugar for rolling

Mix like pastry. Roll out in sugar. Work in as much sugar as you can. Cut into strips and make figure eights. Place on buttered cookie sheet and bake in moderate oven ( $375^{\circ}$ ) until lightly browned (10-15 minutes). Makes 60 cookies.

## ALMOND COOKIES (BITTER KOEKJES)

Shirely Weller

$\frac{1}{4}$  cups almond paste  
 $\frac{3}{4}$  cup sugar

3 egg whites, beaten stiff

Mix paste and sugar together and add the egg whites. Drop from spoon onto waxpaper lined cookie sheet and bake at 325-350° for 30 minutes or until brown. Remove from waxed paper when taken out of the oven.

Note: almonds are a very important ingredient in Dutch cookies and pastries. There are sweet almonds and bitter almonds. The skin which protects the almond is removed from the bitter almond.

## DUTCH SANTA CLAUS COOKIES (ST. NICHOLAS KOEKJES)

2 cups brown sugar	½ tsp. cloves
1½ cups butter	1 tsp. baking powder
3½ cups flour	1 egg, beaten
1 tsp. cinnamon	½ tsp. salt
½ tsp. nutmeg	

Cream butter and sugar and add remaining ingredients. This makes a very stiff dough. Mold cookies on a Santa Claus Cookie board or form into a roll as for refrigerator cookies and slice when thoroughly chilled. Bake 10-12 minutes at 350°.

Mrs. H.P. Scholte  
Mrs. Lenore Hettinga

## ICE BOX ST. NICK COOKIES

¾ cup white sugar	½ tsp. nutmeg
¾ cup brown sugar	½ tsp. soda
½ cup Crisco	½ tsp. allspice
½ cup margarine	½ tsp. cloves
1 egg	½ tsp. baking powder
2 cups flour	½ cup nutmeats, chopped fine
1½ tsps. cinnamon	

Cream shortening and sugar. Add beaten egg. Then add sifted dry ingredients and nutmeats. Shape into roll, wrap in waxed paper and chill overnight. Slice and bake at 350° about 10 minutes. This is a crisp cookie. Yield: 70 cookies.

Millie Vande Kieft

## Martha Lautenbach's DUTCH BUTTER COOKIES (BOTER KOEKJES)

1 cup softened butter	¼ cup water
1 cup sugar	¼ tsp. soda
2 cups flour	¼ tsp. vanilla

Cream the softened butter, blend in 1 cup sugar, and add the flour. Add vanilla and soda to ¼ cup water, pour over first mixture and stir with spoon until the sides of the bowl are clean. Form into a roll on waxed paper. Chill in refrigerator. When thoroughly chilled and firm, slice with sharp, thin-bladed knife into thin slices; place on buttered cookie sheet, and bake in 350° oven until lightly browned. Cool slightly and remove with spatula. A few cookies may be baked at one time and the remainder of the dough stored in the refrigerator. Makes 36 cookies.

(Dutch Treats, a favorite of Jay Vermeer)

## SUGAR COOKIES (ZUCKER KOEKJES)

2 cups sugar  
1 cup dairy sour cream  
1 cup butter  
2 eggs, beaten  
1 tsp. baking powder

Gertrude Nettinga  
Edgerton, Minnesota

1 tsp. soda  
4 to 5 cups flour to make a soft  
dough  
1 tsp. vanilla

Cream sugar, sour cream and butter together. Add beaten eggs. Sift flour with soda and baking powder. Add, with vanilla, to batter. Roll out, cut and sprinkle with sugar. Bake at 400° for 8-10 minutes. Makes 4 dozen cookies.

## SAND OR SWEET BUTTER COOKIE (ZAND KOEKJES)

½ cup sugar  
1 cup butter or margarine,  
softened

2 tsp. water  
1 tsp. vanilla  
2 cups flour

Mina Baker-Roelofs

Cream sugar and butter. Add water and vanilla. Blend in flour, chill 4 hours. Shape into balls. Bake on ungreased cookie sheet at 325° for about 20 minutes. Cool slightly. Roll in powdered sugar. One cup of chopped walnuts may be added. Makes 36 cookies.

## FILLED SPICE COOKIES (GEVULDE SPECULAAS)

1¾ cups self-rising flour\*  
(200 gms)  
⅔ cup butter (150 gms)  
½ cup brown sugar (125 gms)  
½ tsp. cinnamon

Sari De Wit In'tveld  
Panningen, The Netherlands

½ tsp. nutmeg  
½ tsp. allspice  
½ tsp. cloves  
¾ tsp. vanilla  
1 egg

Blend ingredients together and divide in two. Place half in greased baking pan (8x8"). Place filling on this layer. Place remaining dough on top and bake at 350° for about 45 minutes.

### Filling:

½ lb. almond paste (150 gms)  
⅔ cup white sugar (150 gms)

1 Tbsp. grated lemon peel  
1 egg

Mix well and place between layers.

\*To substitute for self-rising flour, use 1¾ cups flour, 2 tsps. baking powder and ½ tsp. salt.

## "THE HAGUE" BLUFF (HAAGSE BLUF)

Netherlands National  
Tourist Office

The citizens of The Hague are known to brag at times. Their remarks are "filled with air" as is this low calorie dessert.

3 Tbsp. raspberry syrup                    1 egg white  
½ cup sugar

Put syrup, sugar and unbeaten eggwhite in bowl. Beat 10 minutes or more (if by hand), the idea being that the longer one beats, the more one gets. Serve with wafers or lady fingers. Serves 2 to 4.

## SIMPLE DUTCH CHOCOLATE DESSERTS

Mina Baker-Roelofs

### 1. Mixed Pudding Dessert

A dessert used for Sunday dinner and sometimes served with a compote of dried fruits is a mixed pudding. My relatives in Gelderland served this on my first visit.

1 pkg. vanilla pudding mix                milk (according to directions on  
1 pkg. chocolate pudding mix               package

Make puddings separately. Chill. Mix 2 kinds of pudding in attractive glass bowl.

### 2. Pears With Chocolate Sauce and Whipped Cream

Drain pear halves and use 2 or 3 halves per serving. Spoon chocolate sauce over the top and garnish with whipped cream.

### 3. Chocolate Pudding with Mandarin Oranges

Unmold a chocolate pudding or chocolate Bavarian, garnish with mandarin oranges arranged in floral pattern.

## DUTCH CHOCOLATE ICE CREAM

Strawtown Inn

6 eggs    1 Tbsp. vanilla  
3 cups sugar                                  3 Drostes semi-sweet candy bars  
1 pkg. chocolate instant pudding        or 4 sqs. semi-sweet chocolate  
    3 qts. half and half cream

Beat eggs with sugar for 10 minutes or until it forms a ribbon. Add pudding mix and vanilla. Melt chocolate bars in 1 quart of the cream, stirring well to blend. Cool. Add to egg mixture and pour into electric ice cream freezer can (or hand crank). Add remaining cream and stir well. Freeze according to manufacturer's instructions, using 6 parts ice to 2 parts salt. Don't skimp on the salt.

This is a large recipe to fill a 6 quart freezer.

**Variation:** add 1 tsp. cinnamon instead of vanilla.

## COCOA PARFAIT

6 eggs, separated	½ cup cocoa
1½ tsps. vanilla	1½ cups whipping cream
2 Tbsps. coffee liqueur OR 1½ Tbsps. strong coffee infusion	½ cup powdered sugar grated sweet chocolate curls

Whip egg yolks until thick and lemon-colored. Add vanilla, coffee ingredient and cocoa to yolks. Whip cream to stiff peak stage. Fold in sugar, then fold into yolk mixture. Whip whites to stiff peaks and fold in yolk mixture. Pour into sherbet glasses and garnish with sweet chocolate curls. Dutch cocoas make this dessert special. Serves 10.

## DUTCH TREAT or “Zuider Zee”

### CRUST:

1 pkg. Holland rusks, rolled fine	½ cup soft butter or margarine
¼ cup sugar	2 cups milk
1 tsp. cinnamon	2 egg yolks, beaten

### MERINGUE:

2 egg whites	¼ cup sugar
--------------	-------------

Blend rusk crumbs with butter or margarine, sugar and cinnamon. Save a little for topping. Press crumb mixture against bottom and sides of an 8" pie plate.

For filling: blend cornstarch, sugar and salt in saucepan. Gradually stir in milk. Cook on moderate heat until mixture thickens and boils. Boil one minute. Remove and stir mixture slowly into the beaten egg yolks. Return to saucepan, boil one minute more, stirring constantly. Add vanilla and pour into crust.

Beat egg whites until stiff. Gradually beat in sugar. Spread meringue over filling. Sprinkle with remaining crumbs. Bake at 425° for 5 minutes. Serve warm or chilled. Serves 6.

## NUTMEG PIE

**Veatch Family**

*Pastries are very popular in The Netherlands but pie, as Americans know it, is not. Limburgse (Limburg province) VLAAIE is a fruit tart with a thicker bottom crust of rich bread dough. Nutmeg as a spice is very Dutch.*

1 cup sugar	½ tsp. nutmeg
2½ Tbsps. flour	unbaked pie shell
2 cups whipping cream	

Bake mixed ingredients in an unbaked pie shell for 50-60 minutes at 350°.

**SABOYAN SAUCE (PELLA)**  
**For Vanilla Ice Cream**

Eunice Kuyper

8 egg yolks	$\frac{1}{2}$ cup MARSALA or MADEIRA
$\frac{1}{2}$ cup sugar	wine

Using a hand mixer, beat egg yolks with sugar in top of double boiler until light; beat in wine. Set pan over cold water and cook mixture over medium heat, stirring constantly until mixture reaches boiling point and the sauce is smooth and creamy. Remove pan from heat and cool sauce slightly by beating several minutes. Serve sauce warm or at room temperature.

**Variation:** KIRSCH SABOYAN Sauce can be made by substituting  $\frac{1}{2}$  cup KIRSCH for MARSALA or MADEIRA wine.

**\*DUTCH "BUTTERMILK SOUP" DESSERT**

William Dryfhout  
Randolph, Wisconsin

*This is a new formula of an old Dutch favorite. It's a "health food" according to old Dutch physicians who say: "you patients eat yourselves sick with your pork fat (bellies or bacons), but healthy with "soep-en-brei", (dialect for "karinemelkse-pap" = buttermilk-soup) which was their common dessert dish.*

1 cup "quick" barley	8 ozs. sour cream
3 cups water	1 qt. buttermilk
$\frac{1}{4}$ teaspoon salt (if desired)	

Cook quick barley in 3 cups water (as also directed on the box), adding salt as desired. When water is boiling rapidly, reduce heat, stirring occasionally. (Most of the water may be absorbed, needing no draining from the tender kernels that are well-cooked.)

Let simmer gently as you stir in the 8 oz. container of sour cream into the well-cooked barley. (This restrains the tendency of culture-buttermilk to curdle.) Shut off heat. Stir in a quart of buttermilk. Serve.

For later reheating, do so in a double boiler.

Some eat it straight as it comes from the pan. Some prefer having a bottle of Karo dark syrup in their left hand to add a few drops to each spoonful; a few may add a little brown sugar.

**COOKED RICE or RICE PUDDING**

Bernace D. Johnson

2 to 2½ cups milk (or 1½ cups milk and 1 cup water)	$\frac{1}{2}$ cup rice salt to taste
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Mix in top of double boiler. Cook for 1 to 1½ hours over low heat, stirring occasionally. Serve with butter or margarine, white or brown sugar and cinnamon. Serves 4.

## **ANISE CANDY**

**Val Van Kooten**

2½ cups sugar  
½ cup white corn syrup  
⅔ cup water

½ tsp. cream of tartar  
¾ tsp. anise oil\*  
food coloring

Boil sugar, syrup, water and cream of tartar to hard crack stage, stirring constantly! Remove from heat—add anise oil and food coloring immediately. Pour into well-greased cookie sheet. Let cool and crack into pieces.

\*Note: anise oil is available at drugstores. Anise flavoring does not work well in this recipe. Hard crack stage is 300°-310°F.; syrup separates into hard, brittle threads.

## **DUTCH COFFEE AND TEA**

**Mina Baker-Roelofs**

*Dutch Coffee is a special beverage, stronger than Americans like and limited in quantity. Prince Klaus, when visiting the United States, carried a bottle of instant coffee to strengthen his brew. A bottled "creamer" is generally used. However, on special occasions such as a birthday, real whipped cream, sweetened and flavored with vanilla, is served. Coffee cups are smaller and often are decorated with floral, scenic (Delft), or folk designs (BOEREN BONT)—pottery.*

*Tea is also popular, particularly as a breakfast beverage. It is kept hot in a tea cozy. Now coffee is also served, particularly in restaurants. Tea without a cookie or pastry is known as "naked" tea.*

## **WATER CHOCOLATE**

**Taken from the 1901 Pella Cookbook**

2 squares Baker's chocolate      1 quart water

Boil hard for three minutes. Add:  
1 rounded tsp. cornstarch, wet      ¾ cup sugar  
with cold water                          1 tsp. vanilla

Boil well and serve hot with whipped cream.

## **BEVERAGES (Dranken)**

**Mina Baker-Roelofs**

*The gentleman's drink in Holland is GENEVER or Dutch gin. It should be served iced but not with ice. ADVOCAT, the Dutch ladies' drink is an age-old eggnog concoction of eggs, brandy and sugar whipped to a thick consistency. It should be eaten with special Advocaat or demitasse spoons.*

## **ADVOCAT**

2 eggs, beaten until thick      1 cup brandy (apricot preferred)  
⅓ cup sugar

Add sugar to egg and beat until thick. Add brandy and blend. Egg mixture may be cooked, but curdles readily. Store uncooked in refrigerator; it will keep 1 to 2 days.

## **INDONESIAN FRIED RICE (NASI GORENG)**

8 cups cooked rice  
2½ cups chopped, cooked meat,  
poultry or fish (ham, pork,  
chicken or shrimp)  
1 (16 oz.) pkg. frozen mixed  
vegetables, cooked  
4 medium onions, chopped  
5 to 6 Tbsps. vegetable oil

Mina Baker-Roelofs  
3 to 4 tsps. curry powder  
½ tsp. coriander  
½ tsp. cumin  
½ tsp. salt  
pepper  
Garnishes: 6 egg omelet (sometimes  
fried eggs are used), tomato  
wedges, roasted peanuts

Saute onions in oil. Add rice, meat and/or chicken or shrimp. Cook until nicely browned. Add vegetables and cook until heated. Garnish platter with 6-egg omelet, sliced, and tomato wedges and peanuts. The omelet counteracts the spiciness of the "Nasi." The Dutch eat their fried rice from a soup plate with a knife and fork. Serves 12.

## **INDONESIAN SALAD**

1½ cups shredded cabbage  
1½ cups sliced potatoes, cooked  
1 cup green beans, cooked  
1½ cups carrot strips, cooked

Mina Baker-Roelofs  
1 cucumber, sliced  
1 cup tofu cubes  
2 Tbsps. oil

Cook tofu cubes in oil until light brown. Drain and brown potatoes in same oil. Arrange a colorful platter of tofu, potatoes, green beans, carrots, cucumbers and cabbage (keep vegetables separated). Serve with Peanut Dressing.

### **Peanut Dressing**

½ cup coconut  
1 cup hot water  
½ onion, chopped  
1 clove garlic, chopped  
2 tsps. butter or margarine

1 cup chunky peanut butter  
2 tsps. sugar  
¼ tsp. ground ginger  
¼ tsp. curry powder

Pulverize coconut in hot water in blender. Saute onion and garlic in butter. Add coconut, peanut butter and seasonings. Simmer 5 minutes and serve warm. 6 servings.

## **BAKED BANANAS**

12 bananas  
6 Tbsps. butter or margarine

Mina Baker-Roelofs  
lemon juice  
4½ Tbsps. brown sugar

Peel bananas and split lengthwise. Place in greased baking dish. Dot with butter and sprinkle with lemon juice and brown sugar. Bake at 450° for 5-6 minutes. Serves 12.

## TYPICAL, TRADITIONAL DUTCH MENU PATTERNS

Mina Baker-Roelofs

### Breakfast

Juice or fresh tomatoes	Jams and spreads
Assorted cold meats and cheeses	Cooked eggs, occasionally
Assorted breads and rolls	Hot tea (sometimes coffee)

### Lunch or Supper (sometimes called KOFFIE TAFEL)

*Cold meats and cheeses	Fresh fruit
*Breads	Coffee
Jams and conserves	
Warm dish, sometimes (like an omelet)	
*Sandwiches may be served in Dutch homes today. Raisin bread is considered special and usually one slice is considered sufficient.	

### Dinner

Soup	Salad or cold vegetable
Meat	No bread
Potatoes	Pudding or yogurt
Natural gravy	Wine (optional)
Hot vegetable	Coffee (later in the living room)

## KOFFIE TAFEL

Mina Baker-Roelofs  
Eunice Kuyper

*An American version of the Dutch Koffie Tafel for brunch, lunch, or early supper.*

Assorted cold meats and cheeses (dried beef, boiled ham, Gouda or Edam cheese)

Assorted breads (peasant, rye, currant or raisin bread, rusks)

Fruit plate - bananas, pineapple, strawberries as KABOBS

Filled Spice Cookies (GEVULDE SPECULAAS)

Butter Cookies (BOTER KOEKJES)

Dutch Coffee (coffee with real whipped cream)

*Ed. Note: Pigs in the Blanket (SAUCIJZE BROODJES) are a nice addition or alternative, but would not be used for a Dutch Koffie Tafel. This menu would be different for Holiday entertaining.*

## FAVORITE DUTCH DISHES

Mina Baker-Roelofs

*A meal of favorite Dutch dishes might be planned for Tulip Time, Kermis or friends. Such a meal or menu pattern would not be used in The Netherlands. It would acquaint your guests with popular Dutch foods.*

Pigs in the Blanket — (SAUCIJZE BROODJES)

Red Cabbage — (RODE KOOL)

Dutch Lettuce — (HOLLANDSE SLA)

Assorted Dutch Cookies and Pastries:

Dutch Letters (BANKET)

Butter Cookies (BOTER KOEKJES)

Dutch Coffee (HOLLANDSE KOFFIE)

## DUTCH DINNER

*A special Dutch Dinner prepared by students of a Community Center sponsored class "Cooking with Mina and Eunice" in 1988:*

### Menu

Cheese Balls (KASSBALLETJES)

Shrimp Croquettes (GARNALEN CROQUETTEN)

Broccoli-Cauliflower Cheese Soup

Stuffed Fillets of Veal (BLINDE VINKEN)

Mashed Potatoes with Kale (STAMPPOT)

Asparagus in the Dutch Way

Mixed Green Salad, Poppyseed Dressing

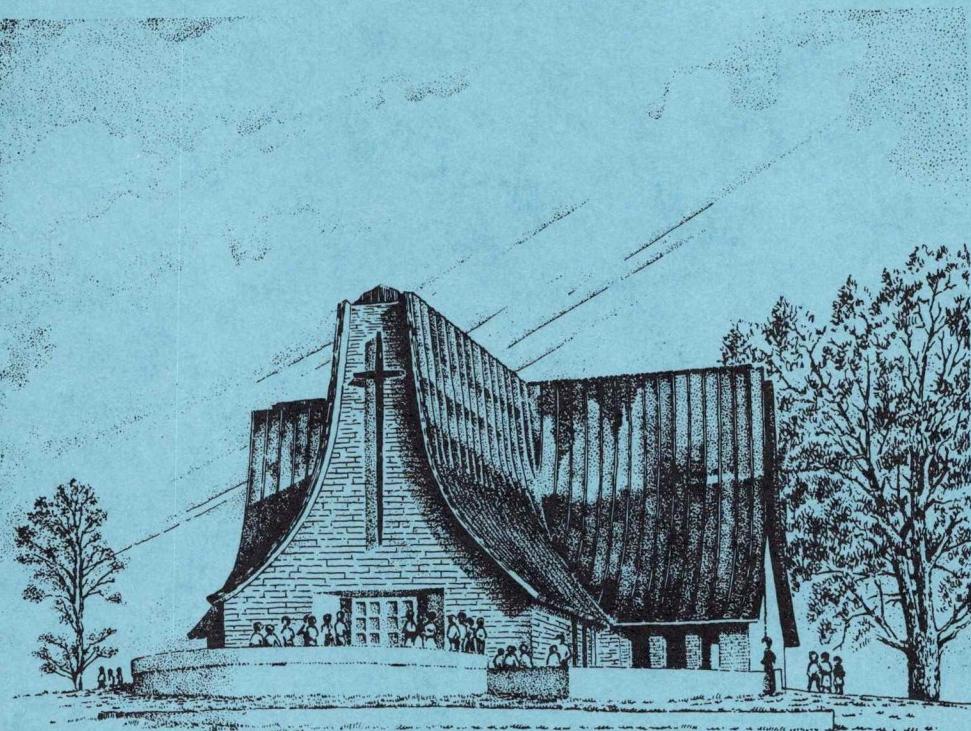
Vanilla Ice Cream, SABOYAN Sauce Pella

California CHARDONNAY Wine

Coffee

# APPETIZERS

Edited by Kimberley Huffman



## CENTRAL COLLEGE CHAPEL • PELLA

### CENTRAL COLLEGE CHAPEL

*Built in memory of Lucille Gaass Kuyper.*





**STUFFED CELERY STALKS**

1 (4½-oz.) can shrimp, drained  
and chopped  
⅓ cup mayonnaise  
¼ cup crushed pineapple, drained  
1 Tbsp. minced parsley

Combine all ingredients; stuff celery stalks.

**Mary Kuyper**

1½ tsps. lemon juice  
1½ tsps. finely chopped onion  
¼ tsp. salt  
dash liquid hot pepper seasoning

**DILLED SHRIMP APPETIZER**

1½ cups mayonnaise  
⅓ cup lemon juice (or more to taste)  
¼ cup sugar  
½ cup dairy sour cream

Mix all ingredients, stirring in shrimp last. Refrigerate overnight. Serve with toothpicks. May be prepared up to 48 hours in advance. Makes 8-10 servings.

**Dody Boat**

1 large red onion, sliced  
2 Tbsps. dillweed  
¼ tsp. salt  
2 Tbsps. capers  
2 lbs. shrimp, cooked

**STUFFED MUSHROOMS A LA HUTTON**

**Hope Miller  
Blacksburg, Virginia**

1 lb. medium-sized fresh mushrooms  
melted butter  
1 (10 oz.) pkg. frozen chopped spinach, thawed

1 cup cottage cheese  
1 clove garlic, minced  
1 tsp. pepper  
⅔ cup grated Parmesan cheese

Remove stems from mushrooms and mince. Brush caps with melted butter. Combine ⅓ cup Parmesan cheese, cottage cheese, garlic, stems, pepper and the thawed (but not cooked) spinach. Spoon into caps, top with remaining Parmesan cheese, and bake at 400°, 10 minutes. Makes about 36.

**SUE'S SALSA**

2 (4 oz.) cans ripe olives, chopped  
2 (4 oz.) cans chopped green chilies  
3 tomatoes, chopped

1 or 2 bunches green onions, chopped  
1 Tbsp. vinegar  
2 Tbsps. vegetable oil

Mix all together and marinate overnight. Serve with tortilla chips.

**Heidi Van Hemert**

## **SURPRISE FRUIT APPETIZERS**

**Gladys Power Reynolds  
Sun City, California**

large, seedless white or Tokay grapes

8 oz. pkg. Neufchatel cheese  
finely chopped pecans

Wash and dry grapes; completely wrap each in the amount of cheese required to cover with a nice thickness. Roll in pecans to cover. Store in refrigerator several hours before serving.

## **OLIVE-CHEESE BALLS**

**Kimberley Huffman**

1 cup grated cheddar cheese  
3 Tbsps. margarine, softened  
 $\frac{1}{2}$  cup flour  
14 medium stuffed olives

$\frac{1}{2}$  tsp. Worcestershire sauce  
dash cayenne pepper  
dash salt

Heat oven to 400°. Grease cookie sheet. Combine cheese and margarine. Add remaining ingredients except olives. Mix well. Mold slightly rounded teaspoon of dough around each olive, covering completely. Shape into ball. Bake on cookie sheet for 12 minutes or until golden brown.

## **CHUTNEY CHEESE SPREAD**

**Maxine Huffman**

1 (8 oz.) pkg. cream cheese,  
softened  
 $\frac{1}{2}$  cup chunk peanut butter

4 Tbsps. chopped chutney  
 $\frac{1}{2}$  tsp. curry powder

In large bowl, with mixer at medium speed, beat together cream cheese and peanut butter until smooth and well blended. Stir in chutney and curry powder.

Cover and refrigerate at least one hour before serving. Serve with crackers, apples, or pear wedges.

## **CHEESE APPLE SPREAD**

**Carolyn Woods**

1 (8 oz.) pkg. cream cheese  
 $\frac{1}{2}$  cup Miracle Whip salad dressing

$\frac{1}{2}$  cup shredded cheddar cheese  
 $\frac{1}{2}$  cup chopped apples - do not peel

Combine cream cheese (softened) and salad dressing. Add cheddar cheese and apples. Mix well. Serve with apple wedges. Dip apples in 7-up or lemon juice to keep from darkening.

## **BLUE CHEESE SPREAD**

1 envelope unflavored gelatin  
 3/4 cup water  
 1 Tbsp. lemon juice  
 1 (3 oz.) pkg. cream cheese,  
 softened

1/3 cup milk  
 1/4 lb. blue cheese, crumbled  
 1/2 cup sour cream  
 1/4 cup finely chopped walnuts  
 2 tsps. worcestershire sauce

Heat water to boiling. Sprinkle unflavored gelatin over water until it is dissolved. Add lemon juice and cool slightly. In medium bowl, blend cream cheese and milk until smooth; stir in blue cheese, sour cream, nuts, worcestershire and gelatin mixture. Chill. Serve with crackers or apple slices.

## **CALIFORNIAN CRAB APPETIZER**

**Lorie Ybarrola**

12 ozs. cream cheese (softened)  
 2 Tbsps. mayonnaise  
 2 Tbsps. lemon juice

2 Tbsps. worcestershire sauce  
 2 Tbsps. minced onions (dry is  
 fine)

Mix these ingredients and spread on a plate or in a quiche plate.

1 can crab (drain and flake with a fork)  
 1/2 bottle seafood/cocktail sauce or chili sauce  
 (from the salad dressing area in the store)

Mix and spread on top of the cream cheese mixture. Chill and serve with Ritz crackers.

## **Louise Bruce's BLUE CHEESE DRESSING OR DIP**

**(Dutch Treats, a favorite  
of Kimberley Huffman)**

1 part sour cream  
 1 part mayonnaise  
 1 wedge of blue cheese

dash of lemon juice  
 dash of worcestershire sauce

Whip sour cream in bowl. Add mayonnaise and whip. Crumble cheese until rather smooth, then add to sour cream. Add lemon juice and worcestershire sauce last.

## **HOT MUSHROOM DIP ESPECIAL**

**Hope Miller  
Blacksburg, Virginia**

1 lb. fresh mushrooms  
 6 Tbsps. butter or margarine  
 1 Tbsp. lemon juice  
 2 Tbsps. minced onion  
 1 lb. carton sour cream

2 tsps. chicken bouillon granules  
 or 2 bouillon cubes, dissolved  
 salt and pepper to taste  
 2 Tbsps. soft butter or margarine  
 2 Tbsps. flour

Chop mushrooms quite fine and saute in pan with butter and lemon juice. Let simmer 10 minutes. Add onions, sour cream, bouillon granules, salt and pepper. Simmer 10 minutes more. Make a paste of remaining butter and flour. Add to hot mixture and stir until thickened. Serve hot, in fondue pot or chafing dish, with chips, crackers, or fresh vegetables.

### **ARTICHOKE DIP (hot)**

1 can (15½ oz.) artichoke hearts,  
drained  
1 cup mayonnaise

Chop artichokes and mix together with all other ingredients. Bake at 350° for 30 minutes.

**Marilyn Jenkins**

1 cup parmesan cheese  
8 ozs. grated mozzarella cheese  
pinch of garlic salt

### **CRAB DIP**

1 (8 oz.) pkg. cream cheese  
¼ cup half and half  
2 tsps. lemon juice  
1 can of crab

Beat cream cheese and half and half until smooth. Add lemon juice, worcestershire sauce, garlic, salt and pepper. Mix with crab. Serve with chips or vegetables. Makes 1 cup.

**Joan Schafer**

1½ tsps. worcestershire sauce  
1 clove garlic, minced  
dash salt and pepper

### **Mrs. Elmer Vermeer's CLAM DIP**

1 (8 oz.) pkg. of cream cheese  
¼ to ⅓ cup thick cream  
1 tsp. lemon juice  
1 tsp. minced onion  
2 tsps. clam nectar

Alternates:

- 1) diced shrimp
- 2) 8 oz. can deviled ham

**(Dutch Treats, a favorite of Kimberly Huffman**

dash worcestershire sauce  
salt to taste  
1 (7 oz.) can of minced clams,  
drained

- 3) 2 small mashed avocados and  
6 slices crumbled crisp bacon

### **TOMATO CLAM DIP**

1 can (6 Tbsps.) minced clams,  
rinsed, drained & deveined  
3 (3 oz.) pkgs. cream cheese  
6 Tbsps. finely minced tomato  
(about 1 medium)

Softens cream cheese. Add remaining ingredients and beat until fluffy.  
Serves 8.

**Geraldine Vander Pol Wagoner  
Patterson, New Jersey**

2 Tbsps. clam juice  
1 Tbsp. lemon juice  
½ tsp. salt  
¼ tsp. garlic powder  
scant ½ tsp. ground black pepper

## **LOW CALORIE SHRIMP-CUCUMBER DIP**

**Maxine Huffman**

1 medium unpared cucumber	1/2 tsp. prepared horseradish
1 cup cottage cheese	1 (4 1/2 oz.) can shrimp, drained
2 Tbsps. vinegar	and chopped
2 Tbsps. finely chopped onion	

Cut cucumber in half lengthwise; remove seeds and discard. Shred enough cucumber to make 1 cup; drain. In a small mixing bowl, combine the shredded cucumber, cottage cheese, onion, vinegar and horseradish. Beat until smooth. Stir in shrimp. Serve with crackers or celery and carrot sticks. Makes about 2 cups.

## **SHRIMP DIP**

**Mary Du Pree**

1 (4 1/2 oz.) can shrimp, deveined and drained	6 Tbsps. chili sauce
1 (8 oz.) pkg. cream cheese	2 tsps. lemon juice
1/2 cup mayonnaise	1/2 tsp. onion juice

Blend all together and then add drained and flaked shrimp. Chill.

## **SHRIMP DIP FONDUE**

**Art & Diane Alt**

2 lbs. cream cheese, softened	1 medium tomato, chopped and drained
1 lb. cooked shrimp, chopped	1 green pepper, chopped
1 medium onion, chopped	
3 cloves garlic, crushed	

Heat ingredients on stove until cream cheese is melted and warm. Transfer to fondue pan and serve with triscuits.

## **DAFFODIL DIP**

**Ruth Van Ee Saholt  
Whitefish, Montana**

1/2 cup mayonnaise	2 Tbsps. chopped onion
1 (8 oz.) cream cheese	1 garlic clove, minced
1/2 cup parsley	1 Tbsp. anchovy paste
1 hard-cooked egg	dash of pepper

Gradually add mayonnaise to softened cream cheese, mixing until well blended. Add parsley, chopped egg white, onion, garlic, anchovy paste and pepper. Mix well. Sprinkle with sieved egg yolk. Makes 2 1/2 cups.

Serve with vegetable dippers: celery, carrots, cauliflower, carrot sticks, broccoli, etc.

## BAKED CLAMS FONDUE

2 lbs. Velveeta cheese  
1 tube Kraft garlic cheese or  
garlic cheese spread  
 $\frac{1}{4}$  cup dry vermouth

**Barbara Overman**

2 Tbsps. lemon juice  
1 (6 $\frac{1}{2}$  oz.) can clams (chopped)  
garlic salt to taste

Melt cheeses together, add rest of ingredients. Bake at 350° until brown and bubbly. Serve with chunks of toasted garlic bread or pumpernickel rye chunks. Serves 8.

## PETITE QUICHE

1 egg  
 $\frac{1}{2}$  cup whipping cream  
dash of tabasco sauce  
1 green onion, chopped

**Tamre Sutphen Lorenz**

$\frac{1}{4}$  tsp. dill seed  
ham, diced really small  
won ton wrappers  
shredded Swiss cheese

Mix together egg, whipping cream, tabasco, green onions and dill seed (whip with a wisk to make fluffy).

Place won ton wrappers in a greased mini muffin tin. Put a few pieces of ham in each, then pour in about a tablespoon of egg mixture. Top with shredded cheese. Bake at 375° for 10 minutes or until cheese is melted and the edges of the won ton are light brown.

## TINY QUICHES

1 (10 oz.) pkg. or 2 sticks pie crust mix  
1 egg yolk, beaten with 1 tsp. water  
2 eggs  
 $\frac{3}{4}$  cup light cream

**Geraldine Vander Pol Wagoner  
Patterson, New Jersey**

$\frac{1}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. mace or nutmeg  
 $\frac{1}{8}$  tsp. cayenne pepper  
 $\frac{1}{8}$  tsp. black pepper  
 $\frac{3}{4}$  cup grated cheddar cheese

Prepare pie crust mix and turn out dough on lightly floured board and divide in half. Roll out each half and using 3-inch cutter, cut 9 pastry rounds, making a total of 18 (or more). Carefully place in muffin tins and brush with egg yolk mixture. Refrigerate while making filling.

In bowl, combine the two eggs, light cream, salt, and spices. Beat until eggs and seasonings are well blended. Divide cheddar cheese among the pastry shells. Spoon egg mixture over the cheese in each shell.

Bake filled shells in preheated oven at 375° for 15-20 minutes or until filling puffs up and is lightly browned.

Pastry shells can be made ahead and frozen, eliminating egg yolk brushing.

**HOT RYES****Joan Klyn**

- 1 cup finely grated Swiss cheese  
1/4 cup cooked crisp and crumbled bacon  
1/4 cup finely chopped green onion (tops also)

- 1/2 (4 1/2 oz.) can chopped ripe olives  
1 tsp. worcestershire sauce  
1/4 cup mayonnaise  
36 slices party rye or pumpernickel bread

Mix together all ingredients except bread. Spread on slices. Bake at 375° for 10 or 15 minutes or until browned.

**RIPE OLIVE SNACK****Maxine Huffman**

- 2 cups cheddar cheese, grated  
2 Tbsp. onions, ground  
1 (4 oz.) can ripe olives, chopped

- 1 cup mayonnaise  
1 loaf party rye

Combine cheese, onion, olives and mayonnaise. Spread on party rye. Bake at 300° for 18 minutes.

**CRABMEAT HORS D'OEUVRES****Mary Jane Banfield**

- 1 (6 oz.) can crabmeat  
1 stick soft butter or margarine  
1 tsp. mayonnaise  
1/2 tsp. garlic powder or salt

- 1/2 tsp. seasoned salt  
1 jar Old English cheese spread  
6 English muffins, split

Mix crabmeat, butter or margarine and mayonnaise together. Add cheese spread and seasonings. Mix. Spread on English muffins. Place on cookie sheet in freezer until hard, but not frozen through. Slice in four pieces. May be placed in plastic bag until ready to use. Bake at 325° until bubbly (3-5 minutes).

**ARTICHOKE WITH BLUE CHEESE****Kimberly Huffman**

- 1 can heart of artichokes  
4 ozs. blue cheese

- 1/4 lb. butter

Tear leaves from artichoke hearts. Place in chafing dish with butter and blue cheese. Mix and heat. Serve hot with soda crackers.

**SPINACH-TORTILLA APPETIZERS****Gladys Power Reynolds  
Sun City, California**

- 1 pkg. 6" or medium-sized tortillas  
2 pkgs. chopped spinach, defrosted, very well drained  
1 cup low-fat mayonnaise

- 1 cup sour cream (may be lite)  
1 pkg. Hidden Valley Buttermilk Ranch dressing  
1 bottle real bacon bits

Mix ingredients, put in covered container and refrigerate to blend flavors. Spread on 8-10 tortillas and roll up as tightly as possible. Slice in 1/2" slices. Best made up a few days in advance of serving. Keep well covered in refrigerator. May be frozen a few weeks.

## TORTILLA PINWHEELS

8 oz. sour cream  
8 oz. cream cheese, softened  
1 cup grated cheddar cheese  
 $\frac{1}{2}$  cup green onion, diced

Mary Jane Banfield  
1 (4 oz.) can green chili peppers,  
drained  
 $\frac{1}{8}$  tsp. garlic powder  
 $\frac{1}{8}$  tsp. seasoned salt

Mix together and spread evenly over 5 (10") flour tortillas. Roll up and wrap in saran wrap. Refrigerate overnight or for several hours. Unwrap and slice in about 1" pieces. Serve cold with salsa. Makes about 35-40.

## PIZZA SNACKS

1 pkg. mild Jimmy Dean sausage  
 $\frac{1}{2}$  lb. Velveeta cheese  
 $\frac{1}{2}$  tsp. crushed oregano

Mary Jane Banfield  
 $\frac{1}{2}$  tsp. worcestershire sauce  
 $\frac{1}{2}$  tsp. garlic salt  
2 loaves Pepperidge party rye

Fry, crumble and drain sausage. Dice cheese and stir into sausage to melt. Mix in seasonings. Spread on rye bread leaving slight edge around bread. Place on cookie sheet to freeze. When frozen, place in plastic bag until ready to use. Bake at 400° until bread is slightly brown — about 10 minutes.

## SESAME CHEESE BITES

1 (9-inch) refrigerated pie crust  
 $1\frac{1}{2}$  cups (6 ozs.) shredded  
cheddar cheese

Maxine F. Huffman  
 $\frac{1}{2}$  cup sesame seeds, toasted  
 $\frac{1}{2}$  tsp. red pepper  
1 to 2 tsps. ice water

Position knife blade in food processor bowl. Add first 4 ingredients; top with cover and process 30 seconds. With processor running, slowly add water (1 tsp. at a time); process just until dough begins to form a ball and leaves sides of bowl. Cover and chill 30 minutes.

Shape dough into 1-inch balls. Place about 2 inches apart on ungreased baking sheets. Flatten each ball with a fork dipped in flour.

Bake at 450° for 8-10 minutes, or until lightly browned. Cool on wire racks. Makes about 36.

## CHEESY MUSHROOM STICKS

$\frac{1}{2}$  cup butter  
1 lb. mushrooms, sliced  
1 onion, chopped  
2 garlic cloves, chopped  
1 green pepper, chopped  
(optional)

Hope Miller  
Blacksburg, Virginia  
10 eggs  
2 cups cottage cheese  
1 lb. jack cheese  
 $\frac{1}{2}$  cup all-purpose flour  
1 tsp. baking powder  
 $\frac{3}{4}$  tsp. each nutmeg, basil, salt

Saute mushroom, onion, garlic and pepper in butter. Set aside. Mix eggs, cottage cheese, cheese, flour, baking powder and spices and combine with mushroom mixture. Pour into  $11\frac{1}{2} \times 17\frac{1}{4}$ " jelly roll pan.

Bake at 350° for 35 minutes or until set. Cool 15-20 minutes before cutting into small sticks, approximately  $\frac{3}{4} \times 2$  inches.

Will keep in refrigerator for 2 days. May be reheated.

## **SPINACH TEASERS**

2 (10 oz.) pkgs. chopped frozen  
spinach, thawed and well drained  
3 Tbsps. butter or margarine  
1 medium onion, finely chopped  
2-3 cloves garlic, chopped  
(optional)  
4 eggs  
 $\frac{1}{4}$  cup bread crumbs

Have spinach as dry as possible.

Melt margarine in heavy skillet over medium heat. Saute onion, garlic and mushrooms until translucent. Wisk the eggs in a mixing bowl. Stir in crumbs, mushroom soup, spices, and choice of cheese. Add contents of skillet and spinach. Mix thoroughly.

Put into greased 9" square pan. Sprinkle cheese on top. (Prefer mozzarella for topping.) Bake uncovered approximately 30-35 minutes. Cool. Cut into 1 $\frac{1}{2}$  inch squares.

Use as appetizers, cold or warm. Freezes well. Warm in oven set at 325° for about 10-15 minutes.

**Gladys Power Reynolds  
Sun City, California**

1 can cream of mushroom soup  
 $\frac{1}{4}$ - $\frac{3}{4}$  tsp. dry basil  
 $\frac{1}{2}$  tsp. oregano  
 $\frac{1}{3}$  cup grated parmesan cheese or  
 $\frac{1}{2}$  cup Mozzarella (using half for  
topping of either, or combination  
of both parmesan with other ingre-  
dients and mozzarella for topping)

## **AMERICANIZED EGG ROLLS**

1 pound ground beef  
1 small head cabbage, chopped fine  
 $\frac{1}{2}$  green pepper, chopped

Scramble eggs - no milk. Brown ground beef and drain. Add remaining ingredients and cook until soft and well heated. Season to taste with salt, pepper, Accent, and soy sauce. Drain and refrigerate until cool. Use ready-made egg roll pastry. Be generous with filling. Seal edges by wetting with water and pressing. Brown lightly in small amount of cooking oil. (1 medium chicken, boiled and chopped, and 1 can bean sprouts may be substituted for the ground beef and cabbage.)

## **MUSTARD SAUCE FOR EGG ROLLS**

Combine:

1 cup sour cream  
 $\frac{1}{4}$  cup milk

Heat slowly, just to bubbling. Makes 1 cup.

**Kimberley Huffman**

1 small can mushrooms  
4-5 green onions, chopped  
2 scrambled eggs

3 Tbsps. dry onion soup mix  
2 Tbsps. mustard

## **\*POTATO STICKS**

Wash and clean long potatoes. Cut potatoes in 6-8 pieces similar to long pickle spears. Dry with paper towel.

Toss in a bowl with 1 Tbsp. canola oil, place on a cookie sheet (Pam sprayed). Sprinkle with pepper, paprika and Mrs. Dash.

Bake 30-35 minutes turning periodically until crispy.

**Vivian Rippentrop**

## **\*PRETZELS**

1½ cups water (105-115°)  
 1 pkg. dry active yeast  
 1 Tbsp. sugar  
 ½ tsp. salt

3½ cups flour  
 ½ cup flour  
 ¼ cup liquid egg substitute  
 1 Tbsp. water

Stir together the water and yeast. Add sugar, salt and flour and stir until it is a dough consistency. Knead for five minutes using ½ cup flour to keep it from sticking to the work surface. Cut the dough into 16 equal parts. Roll and shape into pretzels. Brush with a mixture of "egg" and water. Salt may be added to the egg mixture if desired. Bake at 425° for 12-17 minutes or until golden brown. Serve hot.

## **ZESTY PARTY CRUNCH**

1 (16 oz.) box of Quaker Oat Squares  
 1½ cups pretzels  
 1½ cups salted mixed nuts

1 stick margarine or butter  
 ½ cup Parmesan cheese, grated  
 1½ tsps. Italian seasoning, dry mix

Place oat squares in large clean grocery sack. Melt margarine and pour over oat squares. Shake bag vigorously. Add Parmesan cheese and Italian seasoning. Shake well again. Put ingredients into a large roasting pan. Add pretzels and mixed nuts. Blend ingredients. Bake at 325° for 20 minutes. Stir twice.

## **HONEY MIX**

½ cup margarine  
 ¾ cup firmly packed brown sugar  
 ¼ cup honey  
 6 cups Crispix cereal

1 tsp. vanilla  
 1 cup mini pretzels  
 1 cup salted mixed nuts  
 vegetable cooking spray

Coat 9x13" pan with cooking spray. Combine Crispix cereal, pretzels and mixed nuts in pan and set aside.

Combine margarine, sugar and honey in large saucepan over medium heat. Bring mixture to a boil and continue to boil for 5 minutes; do not stir. Remove from heat and stir in vanilla. Pour syrup over cereal mixture, stirring until well coated.

Bake at 250° for about 1 hour, stirring every 15 minutes. Let cool on cookie sheets. Store in an airtight container. Yield: 6 cups.

## **MEXICAN MUNCH**

1 (3 oz.) can French fried onions  
 2 cups Corn Chex  
 ¾ cup Spanish peanuts

1 (4 oz.) can shoestring potatoes  
 6 Tbsps. margarine  
 6 tsps. taco seasoning mix

Combine dry ingredients in 9x13" pan. Melt margarine and taco mix. Drizzle over dry ingredients and stir well. Bake at 300° for 30 minutes, stirring occasionally. Cool.

**Elaine Jaarsma**

**Marlys De Wild**

**Roelofina Groenenboom  
Eddyville, Iowa**

**Mary Jane Banfield**

## CHEESE BALL

½ lb. Velveeta cheese  
¼ lb. sharp cheddar cheese  
¼ lb. blue cheese  
½ cup mayonnaise

Marjorie Tanis  
2 Tbsps. worcestershire sauce  
1 Tbsp. chopped onion  
1 Tbsp. sweet pickle relish  
chopped pecans or chopped parsley

Cut the Velveeta cheese into small cubes; add cheddar and blue cheeses. Let stand two hours at room temperature. Cream well with an electric mixer. Blend in mayonnaise, worcestershire sauce, onion and relish. Place in a small bowl. Cover and age in refrigerator 6 hours. Remove from bowl and shape like grapefruit. Roll in chopped pecans or chopped parsley.

This makes two balls and can be frozen or kept in refrigerator for two weeks.

## FREEZER CHEESE BALL

1 (8 oz.) pkg. cream cheese  
2 Tbsps. margarine  
½ cup mayonnaise  
1 cup cheddar or colby cheese,  
shredded

Kimberley Huffman  
4 oz. blue cheese, crumbled  
½ tsp. worcestershire sauce  
½ tsp. ground mustard  
½ tsp. garlic powder  
ground walnuts or pecans (optional)

Blend all ingredients well; form 2 cheeseballs. Roll in ground nuts if desired. Refrigerate for one hour. Can be made in advance and be frozen.

## HAM BALL

1 lb. shaved ham, chopped fine  
4 ozs. cream cheese, softened  
½ cup mayonnaise

Machelle Bloodsworth  
½ cup pickle relish  
1 bunch of green onions, chopped  
fine

Combine the above ingredients and form into a ball. Frost with:  
½ cup mayonnaise

4 ozs. cream cheese, softened

Blend together. Garnish with slivered almonds. Serve with butter crackers.

This may be used as a sandwich spread. As a spread do not use the frosting.

## HAM ROLLS

4 slices boiled ham  
1 cup crushed butter crackers  
¼ cup finely chopped green  
pepper

Maxine Huffman  
1 tsp. finely chopped onion  
2 boiled eggs, mashed  
1 tsp. mustard  
½ cup mayonnaise

Mix all other ingredients and spread on ham. Roll up and cut into fourths. Chill several hours before serving. Serve with toothpick.

## BREAD POT HAM & CHEESE FONDUE

Kay De Cook

1 firm, round loaf of bread (1½ lbs., 8-10 inches in diameter)

### Filling:

2 cups (8 ozs.) sharp shredded  
cheddar cheese

2 (3 oz.) pkgs. cream cheese,  
softened

1½ cups sour cream

Assorted raw vegetables for dipping (carrots, celery, cauliflower, broccoli)  
and crackers

1 cup diced cooked ham

½ cup chopped green onion

1 can (4 ozs.) whole green chilies,  
drained & chopped

1 tsp. worcestershire sauce

Combine the cheeses and sour cream in bowl; stir in ham, green onion, chilies and worcestershire sauce. Heat in microwave and stir until cheeses are melted. Spoon filling into hollowed loaf of bread. Serve with vegetables and crackers as dippers.

## SMOKIES

Myrna Poli  
Chariton, Iowa

1 lb. plumper weiners or Polish  
sausage or little smokies sausage      2 to 3 Tbsps. prepared mustard  
1 (10 oz.) jar currant jelly              2 Tbsps. brown sugar

Place meat in boiling water and cook according to package directions. Drain. Cut the large weiners or Polish sausage into bite-sized slices. Combine jelly, mustard and brown sugar. Heat and pour over the meat. It may all be reheated at serving time. Serve with toothpicks. Serves 12-20.

Optional sauce: 1 jar chile sauce, 1 jar grape jelly. Add liquid smoke and barbecue sauce to desired flavor.

## SALMON PARTY ROLL

Katherine Paige Brouwer  
Grosse Point, Michigan

1 (16 oz.) can salmon

1 (8 oz.) pkg. cream cheese,  
softened

1 Tbsp. lemon juice

2 tsps. grated onion

1 tsp. prepared horseradish

¼ tsp. salt

¼ tsp. liquid smoke (optional)

½ cup chopped pecans or walnuts

3 Tbsps. snipped parsley

Drain and flake salmon, removing skin and bones. Combine salmon with the next six ingredients. Mix thoroughly. Chill several hours. Combine nuts and parsley. Shape salmon mixture into 8x12" log. Roll in nut mixture. Chill well. Serve with crackers as an hors d'oeuvre. Serves 8 to 10 generously.

## **BLACKENED OYSTER CROUSTADES**

**Lisa Mills LaValle  
Des Moines, Iowa**

12-16 oysters (fresh if possible)	3 Tbsps. mayonnaise
1/4 cup blackening spices	2 tsps. lemon juice
12-16 thin slices sourdough baguette	1 tsp. tarragon
	12-16 sprigs fresh cilantro

Drain the oysters. Toast the bread slices on baking sheet in medium oven. Spray skillet with non-stick vegetable spray. Put skillet over highest heat. Let it get very hot as you roll each oyster in blackening spices. Fry oysters about 1½ minutes on each side, or until fully cooked and firm. Mix mayonnaise, lemon juice and tarragon. Spread each croustade oyster with the mayonnaise mix; top with an oyster. Garnish on very top with sprig of cilantro (coriander) leaves. (Expect fried oysters to smoke while cooking.) Serves 4.

## **PICNIC PATE**

½ lb. chicken livers	1 Tbsp. minced parsley
2 Tbsps. butter	¾ tsp. salt
2 hard-cooked eggs, shelled	½ tsp. freshly ground pepper
1 (8 oz.) pkg. cream cheese	1 tsp. cognac

Heat butter in heavy skillet. Add chicken livers and saute until lightly brown outside but still somewhat pink inside. Puree livers and eggs in electric blender or food processor until very smooth. Work cream cheese until soft. Slowly work liver mixture into softened cream cheese. Add parsley, salt, pepper and cognac, and cream together until smooth and well-blended. Cover with plastic wrap and store in the refrigerator. Serve with bread or crackers. Makes about 1½ cups pate.

## **Dody Boat**

1 Tbsp. minced parsley
¾ tsp. salt
½ tsp. freshly ground pepper
1 tsp. cognac

## **COCKTAIL MEATBALLS**

2 lbs. ground chuck	1/4 cup dry bread crumbs
1 envelope onion soup mix	2 Tbsps. butter
1 egg	2 (14 oz.) bottles catsup
2 tsps. Accent	1 (10 oz.) jar currant jelly

In large bowl mix together ground chuck, onion soup mix, egg, Accent and bread crumbs. Form into bite-size meatballs. Saute in butter until brown and refrigerate. Thirty minutes before serving stir together catsup and jelly, until blended, over medium heat. Add meatballs and simmer covered 25-30 minutes or until heated through. Serve in skillet or chafing dish over candle. Makes 3 dozen meatballs.

Can be completely prepared ahead and frozen.

## **Glenys Schouten**

## HONEY MEATBALLS

2 lbs. ground beef (70% lean)  
1 medium onion, diced fine  
2 eggs  
1 cup honey

Kimberley Huffman  
1 (8 oz.) can tomato sauce  
1 cup bread crumbs  
1 Tbsp. ground mustard  
12 ozs. honey barbecue sauce

Preheat broiler to 400°. Mix beef, onion, eggs, honey, tomato sauce, bread crumbs and mustard by hand or in food processor until smooth. Drop by teaspoonfuls onto broiler pan or cookie sheet. Place under broiler for 12 minutes. (Meatballs may be frozen after baking and reheated.)

Drain meatballs and place into chafing dish or pan. Pour barbecue sauce over and toss gently to coat. Keep the meatballs at medium to low heat when serving. Makes seven dozen small meatballs.

## SPICY GUAVA LINKS

1 Tbsp. brown sugar  
1 Tbsp. cornstarch  
 $\frac{1}{8}$  tsp. dry mustard  
 $\frac{1}{2}$  cup guava jelly

Janice Cook  
Honolulu, Hawaii

1 Tbsp. vinegar  
2 tsps. soy sauce  
2 (5 oz.) pkgs. smoked cocktail sausages

Combine brown sugar, cornstarch and dry mustard in a small saucepan; blend well. Stir in guava jelly, vinegar and soy sauce; bring to a boil. Add sausages, reduce heat, and simmer for 5 minutes. Makes 8 servings.

Idea: Cocktail-size meatballs or sliced hot dogs can be substituted for the sausages.

## MOCK DRUMSTICKS

40 chicken wings  
BATTER:  
1 $\frac{1}{2}$  cups flour  
2 Tbsps. cornstarch

Dody Boat  
2 Tbsps. baking powder  
1 tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
 $\frac{3}{4}$  cup ice water

Make batter  $\frac{1}{2}$  hour before using. Mix all ingredients until smooth. Cut tip and middle joint from each wing. With boning knife, loosen meat around large joint. Push gently down, turning inside out. In deep skillet heat 2 inches oil to 375°. Dip chicken in batter, fry 4 to 5 pieces at a time for 5 minutes until crisp. Drain on paper towel.

### Apricot Sauce:

Heat together:  
1 cup apricot preserves  
 $\frac{1}{2}$  cup cider vinegar

1 tsp. paprika  
salt to taste  
pinch cayenne pepper

**TIPSY CHICKEN WINGS****Maxine Huffman**

36 chicken wings or drumettes	½ cup vodka
1 cup soy sauce	1 Tbsp. garlic salt

Combine soysauce, vodka and garlic salt. Pour over chicken pieces and marinate for 4 hours or overnight. Bake on a large cookie sheet at 350° for 40 minutes, turning occasionally and baste with soy sauce marinade. These can be made ahead and frozen.

**ORANGE JULIUS****Mary Kuyper**

½ of 6 oz. can frozen orange juice	¼ cup sugar
½ cup milk	½ tsp. vanilla
½ cup water	5-6 ice cubes

Combine and mix in blender 30 seconds. Serve immediately. Recipe makes 3 cups.

**HOT CRAN-APPLE CIDER****Beverly Fish  
Rochester, Indiana**

2 qts. apple cider	4 (3-inch) sticks cinnamon
1½ qts. cranberry cocktail juice	1½ tsps. whole cloves
¼ cup brown sugar (packed)	

Combine ingredients in large kettle; heat to boiling. Reduce heat and simmer 15-20 minutes; strain. Serves 25.

**APPLE CIDER PUNCH****Milly Vande Kieft**

64 ozs. apple juice	6 whole cloves
¾ cup sauterne	3 whole cinnamon sticks

Combine all ingredients and heat. Garnish with orange slices.

**FRUIT PUNCH****Maxine Huffman**

1 quart sweetened tea	1 pint orange juice
1 pint grape juice	1 pint pineapple juice, unsweetened

Combine all ingredients. Chill and serve over ice. Lemonade, cranberry, apple or other juice may be substituted. Yield: 8 to 10 servings.

**SLUSH PUNCH**

3 small packages gelatin  
(any flavor)  
4 cups boiling water  
2½ cups sugar  
10 cups cold water

**Milly Vande Kieft**

1 (46 oz.) can Hi-C (same flavor  
as gelatin)  
1½ cups lemon juice  
7-Up

Dissolve gelatin in boiling water. Add sugar and stir until dissolved. Add cold water, Hi-C and lemon juice. Freeze.

When ready to serve, set out for about a ½ hour. Spoon the mixture into a punch bowl with an ice cream scoop and pour 7-Up over it.

**SPICED TEA**

6 individual tea bags  
2 tsps. whole cloves  
2 sticks cinnamon  
4 quarts boiling water  
2 cups sugar  
¾ cup lemon juice

**Maxine Huffman**

2 cups pineapple juice,  
unsweetened  
1 (6 oz.) can orange juice  
concentrate, thawed  
dark rum (optional)

Pour boiling water over tea bags, cloves and cinnamon; steep 10 to 15 minutes. Remove tea bags and all remaining ingredients; heat and serve. Stores well or may be frozen. Spike with dark rum, if desired. Serve from crockpot. Yield: 5 quarts.

**HOT SPICED LEMONADE  
(microwave)**

3 cups water  
½ cup lemon juice  
⅔ cup brown sugar

**Pamela Simmons Vande Voort**

2 cinnamon sticks  
2 whole cloves

Microwave on high for 12 minutes.

**EGGNOG FOR A CROWD**

12 eggs  
1 lb. powdered sugar  
½ tsp. salt  
¼ cup vanilla

**Milly Vande Kieft**

8 cups evaporated milk  
3 cups water  
nutmeg

Beat the eggs until light in color. Gradually beat in the sugar, salt and vanilla. Stir in the evaporated milk and water. Cover and ripen for 24 hours in refrigerator. Add nutmeg. Serves 20.

**CHRISTMAS PUNCH**

1 pkg. raspberry Kool-aid  
1 pkg. cherry Kool-aid  
2 cups sugar  
2 qts. water

Mix all ingredients, except gingerale or 7-Up which should be added just before serving. Makes about 40-45 cups.

**Milly Vande Kieft**

46 oz. can pineapple juice  
1 large can frozen lemonade  
1 qt. 7-Up or gingerale

**PARTY PUNCH**

1 (46 oz.) can apricot nectar  
1 (46 oz.) can pineapple juice  
3 (28 oz.) bottles gingerale

Mix all ingredients together except for sherbet. Float sherbet on top. Makes about 50 punch cups.

**Maxine F. Huffman**

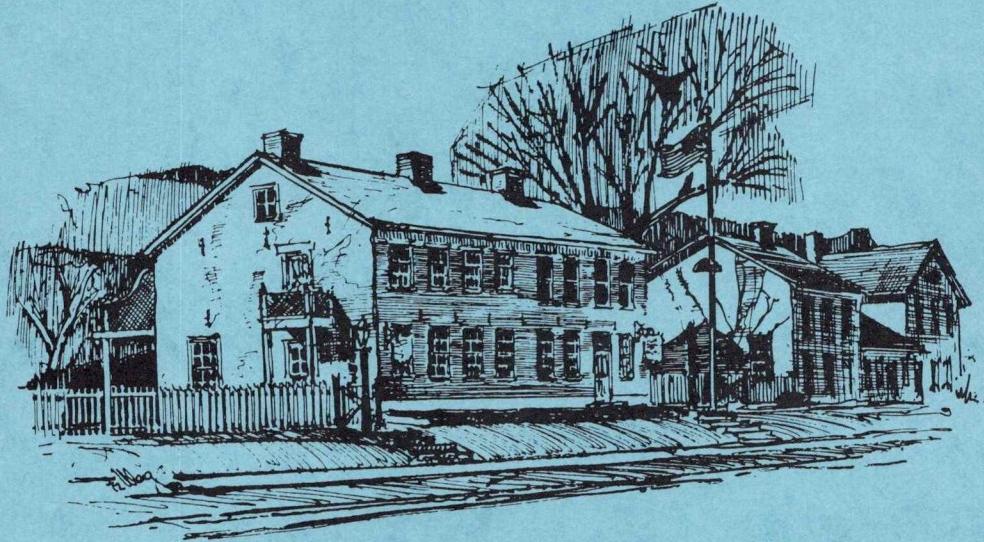
3 (6 oz.) cans frozen concentrated limeade  
sherbet to float on top

## *Recipes*

Appetizers  
Dips & Spreads  
Soups & Salads

# MEATS, CASSEROLES

Edited by Millie Vande Kieft

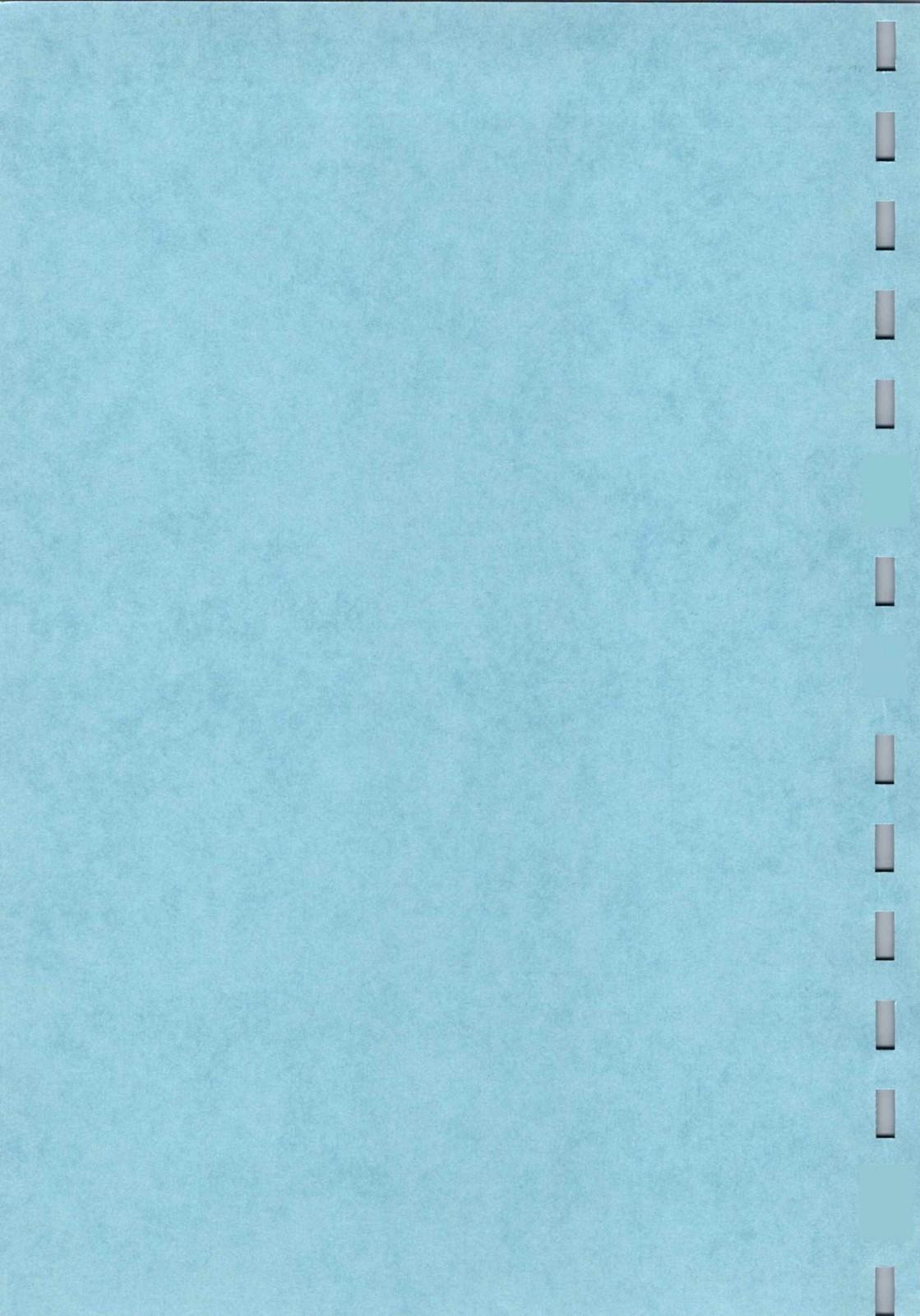


## WYATT EARP • VAN SPANCKEREN HOME PELLA

### WYATT EARP—VAN SPANCKEREN HOME

J.H.H. Van Spanckeren, a local merchant, built this brick duplex in 1849. In 1850 Wyatt Earp's family came to Pella and after a few years they moved into the east section and lived there until 1864 when they moved to the west coast. This house is one of many forming the Pella Historisch Museum Center.





### **\*LO-CAL BAKED CHICKEN**

1 cut-up fryer or 8 chicken legs  
SAUCE:  
½ cup light soy sauce  
1 cup orange juice, or wine, or  
combination of both  
1 Tbsp. oil (optional)

Combine all sauce ingredients. Allow chicken to marinate in sauce 6 to 8 hours in a plastic bag or tight-fitting container in the refrigerator. Shake bag or container several times.

Remove chicken from sauce and arrange in well-greased baking dish and bake uncovered at 350° for 1 to 1½ hours. Serves 4.

The sauce may be made ahead and refrigerated for several days. Excellent for chicken wings and drumsticks. Delicious cold.

**Gladys Power Reynolds  
Sun City, California**

3 Tbsps. sugar substitute (brown  
preferred)  
1 to 2 Tbsps. grated orange rind  
2 tsps. grated fresh ginger or  
1 tsp. dried ginger  
1 clove minced garlic

### **\*CHICKEN BREASTS WITH TARRAGON VINEGAR    Joan Schafer**

2 chicken breasts	½ cup cholesterol-free liquid
2 Tbsps. margarine	dairy creamer
1 Tbsp. oil	salt and pepper
3 to 4 green onions	1½ Tbsps. tarragon vinegar

Remove skin, bone and fat from each chicken breast and divide in half. Saute the chicken in margarine and oil for 5 to 7 minutes on each side until lightly browned. Remove the chicken and set aside. Lower heat and add green onions, creamer, salt and pepper. Stir and cook until slightly thickened. Lower heat again and stir in tarragon vinegar. Return the chicken to pan, turn to coat each side and cook 1 minute. Serves 4.

### **\*ITALIAN CHICKEN BREASTS**

4 chicken breasts  
¼ tsp. pepper  
2 Tbsps. olive or salad oil  
1 medium chopped onion  
½ cup dry white wine  
1 (16 oz.) can low sodium  
tomatoes, undrained

Remove the skin and fat from the chicken breasts. Season the breasts with pepper, and saute in oil. Add the rest of the ingredients, except the mushrooms. Cover and cook for 30 minutes. Add mushrooms to the pan and cook for an additional 5 minutes until the mushrooms are tender. Serves 4.

**Elaine Jaarsma**

1 clove minced garlic
1 Tbsp. fresh chopped parsley
½ tsp. pepper
1 tsp. dried sweet basil
1 tsp. dried oregano
4 fresh mushrooms, sliced

## CHICKEN PARMESAN

4 Tbsps. oleo or butter  
1 clove minced garlic  
1 cup bread crumbs  
1 cup Parmesan cheese

Elsie Maxim

salt and pepper  
1 cut-up fryer or 6 half chicken breasts

Melt oleo, add garlic and simmer. Mix crumbs, cheese and seasonings in plastic bag. Dip chicken in oleo mixture and then into the mixture in the plastic bag. Place in greased baking pan and bake at 350° for 30 minutes and then 300° for another 30 minutes.

This can be prepared the day before. Cover and refrigerate until ready to bake. Serves 6.

## CHICKEN JACQUELINE

¼ cup butter  
½ lb. mushrooms, finely chopped  
2 Tbsps. dry white wine  
6 chicken breast halves  
1 clove minced garlic  
salt and fresh ground pepper  
3 ozs. Monterey Jack cheese

Art and Diane Alt

3 ozs. Swiss cheese  
½ cup frozen butter  
¼ cup all purpose flour  
2 eggs, lightly beaten  
½ cup fine cracker meal  
oil for deep frying  
Bernaise sauce

Melt ¼ cup butter in heavy large skillet over medium-high heat. Add mushrooms and wine and saute until mushrooms are tender and juices have evaporated, about 5 minutes. Remove from heat and set aside.

Skin and bone the chicken breasts and pound until about  $\frac{1}{8}$ " thick. Season with garlic, salt and pepper. Spoon mushroom mixture onto center of each chicken breast, dividing evenly.

Cut each of the cheeses into about 6 sticks about  $3 \times \frac{1}{2} \times \frac{3}{8}$ " sticks. Cut the butter into 6 sticks about 3" long. Top each of the mushroom-topped chicken breasts with 1 stick each of Jack cheese, Swiss cheese and frozen butter. Fold chicken breasts in half to enclose filling, pressing edges together to seal. Secure with toothpicks.

Roll in flour, dip into beaten eggs and coat well. Then roll in cracker meal, covering completely. Refrigerate at least 30 minutes, or freeze for 10 minutes.

Heat oil in wok or deep fryer to 400°. Deep fry chicken until light golden brown, about 5 minutes (in batches if necessary). Drain on paper towels. Transfer to baking sheet and bake 15 minutes at 450°. Serve immediately, accompanied by Bernaise sauce. Serves 6.

**MARMALADE-GLAZED CHICKEN****Diane and Art Alt**

1 Tbsp. olive oil	1 tsp. fresh lemon juice
3 boneless chicken breast halves	$\frac{1}{4}$ tsp Dijon mustard
1 egg, beaten	$\frac{1}{4}$ cup orange marmalade
$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{4}$ tsp. worcestershire sauce
$\frac{1}{4}$ cup Grand Marnier liquor	$\frac{1}{4}$ tsp. garlic powder

Heat oil in medium skillet over medium-high heat. Skin the chicken breasts and pound to a thickness of  $\frac{1}{4}$ ". Dip chicken in egg, then in crumbs and coat well. Shake off excess.

Cook until browned, about 1 $\frac{1}{2}$  minutes per side. Remove from skillet; keep warm. Add Grand Marnier to skillet. Bring to boil, scraping up browned bits of chicken. Blend in marmalade. Mix in remaining ingredients. Reduce heat to low. Return chicken to skillet. Cover and simmer 10 minutes. Baste chicken with glaze and continue cooking until juices run clear when pierced with tip of sharp knife, about 5 minutes. Serves 3.

**CHICKEN HAWAIIAN****Pat Ulrich**

2 lbs. broiler fryer chicken pieces	1 (8 $\frac{1}{4}$ oz.) can sliced pineapple
salt and pepper	$\frac{1}{3}$ cup Heinz 57 sauce
2 Tbsps. honey	

Place chicken in 12x7 $\frac{1}{2}$ x2" baking dish. Season with salt and pepper. Bake at 400° for 30 minutes.

Meanwhile, drain pineapple, reserving 2 Tbsps. of the liquid. Combine reserved pineapple liquid, 57 sauce, and the honey. Pour over chicken. Bake an additional 25 minutes, basting occasionally. Arrange pineapple over chicken and bake 10 minutes longer. Drain excess fat from sauce. When serving, spoon sauce over chicken. Serves 4.

**HAWAIIAN TERIYAKI CHICKEN BAKE****Lorie Ybarrola**

1 cup soy sauce	1 Tbsp. dry mustard
1 cup white sugar	1 cut-up chicken
2 Tbsps. catsup	

Mix the first four ingredients and pour over chicken. Bake for 1 hour at 425°. Turn and baste chicken 3 or 4 times. Serves 4.

## **TERIYAKI MARINADE FOR CHICKEN**

**Gladys Power Reynolds  
Sun City, California**

½ to ½ cup light low sodium soy sauce	2 to 3 Tbsps. oil
¼ to ½ cup orange juice	1 clove minced garlic
2 to 3 Tbsps. sherry wine, optional	½ tsp. dry mustard
2 Tbsps. lemon juice	1 tsp. shredded fresh ginger root
	2 to 3 tsps. shredded orange rind, optional

The amount of each ingredient will depend on the number of pieces of chicken being served. (The first amount given for each ingredient is used when using 4 pieces of chicken, the second amount for 8 pieces.)

Combine all ingredients and store in refrigerator.

Pour over chicken legs, thighs or breasts and marinate in tightly closed plastic bag for several hours or up to 2 days. Turn the bag several times while refrigerated.

When ready to bake or grill, remove pieces from marinade. Bake in foil-lined pan at 350° for about 1 hour, uncovered; or grill over ash-colored coals at medium temperature for about 15 minutes or until desired tenderness.

## **APRICOT CHICKEN**

**Mary Du Pree**

6 chicken breasts	2 Tbsps. white wine
½ cup apricot preserves	½ tsp. coriander
½ cup Russian dressing	salt and pepper

Skin and bone the chicken breasts. Mix rest of ingredients and pour over chicken. Bake uncovered at 350° for 30 to 40 minutes.

## **CHICKEN IN A PAPER BAG (Microwave)**

**Tawnya Staton**

2½ to 3 lbs. chicken	barbeque sauce
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Cut up the chicken and dip into barbecued sauce. Put in a clean paper bag. Fold end over and slip into another bag. Place in microwave and cook 15 to 20 minutes or 5-7 minutes per pound. Let rest before serving.

## **PARTY CHICKEN**

**Jane Goldsworthy  
Cresco, Iowa**

4 chicken breasts	8 slices bacon
8 slices ham	1 cup sour cream
8 slices American cheese	1 can cream of mushroom soup

Bone the chicken breasts and cut each in half and pound each until flattened. Top each chicken breast with 1 slice of ham and American cheese. Roll up and wrap a slice of bacon around each breast and secure with a toothpick.

Place in a greased baking dish. Mix sour cream and soup and pour over the top of the chicken. Bake covered one hour and one more hour uncovered at 325°. Serves 8.

**Mrs. Edwin Mulder's PARTY CHICKEN** ~~(Dat Is Lekker Kookbook)~~  
**a favorite of Ilda Van Zee)**

8 chicken breasts	1 carton sour cream
8 slices bacon	1 can mushroom soup, undiluted
4 ozs. shredded dried beef	

Bone and skin each chicken breast and roll up in a slice of bacon. Put the shredded dried beef in bottom of 9x13" greased pan, then the rolled up chicken on top of the beef. Mix the sour cream and mushroom soup and pour over the chicken breasts. Cover and marinate overnite and the next day in the refrigerator.

Remove from refrigerator and bake in 275° oven for 3½ hours. Leave covered until the last ½ hour. Serve with rice. Serves 8.

**CHICKEN BREASTS WITH BACON**

**Marie Van Leeuwen  
Hanover, Indiana**

6 whole chicken breasts	10-12 young green onions,
salt	chopped fine
1 (8 oz.) pkg. cream cheese, softened	12 slices bacon

Split, skin and bone the chicken breasts. Lightly salt the chicken.

Cut cream cheese into 12 chunks. Press the onion into the cheese. Wrap chicken around each onion, cheese chunk. Lightly cook and drain the bacon. Wrap a slice of bacon around each breast, covering as much as possible. Secure with toothpicks.

Bake uncovered at 350° for 1 hour or until tender. Serves 12.

**MACARONI AND CHICI**

**Elsie Maxam**

elbow macaroni	1 to 2 Tbsps. parsley
1 can chick peas (garbanzos)	1 to 2 cloves garlic
½ cup olive oil (more or less)	Romano or parmesan cheese

Cook elbow macaroni as usual but not too soft. Meanwhile heat oil in medium-sized fry pan. Add garlic over low heat and cook until golden brown. Add peas including the liquid. Stir in parsley.

Drain macaroni and mix in oil and pea mixture. Romano or parmesan cheese may also be added at this time.

This is a good vegetarian dinner. Good with a green salad and Italian bread.

## \*CHEESE-STUFFED CHICKEN KIEV

Joan Klyn

2 chicken breasts, skinned	1 egg white
½ tsp. pepper	1 Tbsp. skim milk
2 cloves minced garlic	1 Tbsp. water
8 tsps. minced chives, fresh or freeze-dried	¼ cup flour
4 strips part-skim mozzarella cheese	½ cup fine dry bread crumbs
	1 Tbsp. margarine

Sprinkle pounded chicken breasts with pepper, garlic and 4 tsps. chives. Cut cheese into four  $1 \times \frac{1}{2} \times \frac{1}{2}$ " strips. Put 1 strip of cheese in center of each breast. Fold the ends over and roll up (jelly roll-like) and secure with toothpicks.

In shallow pan whisk egg whites, milk and water. Dip chicken rolls in flour, then in egg mixture, then in bread crumbs coating evenly.

Arrange in ungreased 8x8x2" baking dish. Refrigerate at least 30 minutes. Preheat oven to 350°.

In heavy skillet melt margarine and brown chicken rolls on all sides for about 10 minutes. Transfer back to ungreased baking dish and bake uncovered 15 to 20 minutes. Sprinkle with remaining chives.

Serves 4. Approximately 260 calories each. Total fat each—8 g.

## HOT CHICKEN LOAF

Joan Klyn

¾ cup mayonnaise	6 drops tabasco sauce
6 green onions, chopped, including tops	4 cups cooked, diced chicken
1 (8 oz.) can water chestnuts, drained and chopped	2 cups shredded Monterey Jack cheese
4 tsps. Dijon mustard	1 loaf French bread, unsliced
1 tsp. worcestershire sauce	1 cup chopped tomato
1 tsp. salt	fresh parsley, sliced ripe olives, chopped green onion for garnish

Combine mayonnaise, green onion, water chestnuts, mustard, worcestershire sauce, salt and tabasco. Stir in chicken and 1 cup cheese. This mixture can be prepared ahead, covered and refrigerated for up to 24 hours.

Split French loaf in half, lengthwise. Place bread, cut side up on baking sheet. You may need to trim crust if bottom of loaf is uneven. Mix tomatoes into chicken mixture and spread evenly over each bread half. Sprinkle with 1 cup cheese.

Bake at 350° about 10 minutes or until cheese is bubbly and light brown. Transfer to a long cutting board. Garnish with minced parsley, sliced green onions and sliced ripe olives. Slice into serving slices. Serves 8.

**CHICKEN POT PIE****Ardith Sutphen**

2 whole chicken breasts  
2 cups carrots  
1 large onion, coarsely chopped  
4 stalks celery

1 (10 $\frac{3}{4}$  oz.) can cream of chicken soup  
1 tube of crescent rolls

Cut the carrots and celery into  $\frac{1}{4}$ " slices. Put the chicken, carrots, onion and celery in a large pot. Cover with water, bring to a boil and then simmer for 30 minutes. Drain. Remove chicken from the bones and add to vegetables. Carefully stir in soup. Put into casserole dish or 8x12" baking dish and cover with crescent rolls. Bake at 350° for 30-40 minutes.

**CHICKEN CRESCENT ALMOND CASSEROLE      Bernice Vander Ploeg**

4-5 cups cooked chicken  
1 can cream of chicken soup  
1 (8 oz.) can sliced water chestnuts  
1 (4 oz.) can sliced mushrooms  
 $\frac{3}{4}$  cup mayonnaise

1 cup chopped celery  
 $\frac{1}{2}$  cup chopped onion  
1 (8 oz.) can crescent rolls  
 $\frac{2}{3}$  cup shredded cheese  
 $\frac{1}{2}$  cup slivered almonds  
3 Tbsps. butter, melted

Combine the chicken, soup, water chestnuts, mushrooms, mayonnaise, celery and onion and put in ungreased 8x12" dish. Cover with foil. Heat in 350° oven 15 to 20 minutes or until hot.

Remove foil. Form the rolls into 2 rectangles and spread over hot mixture. Top with the cheese, almonds and butter. Bake 20 to 25 minutes or until crust is brown. Let stand for about 10 minutes before serving.

**CHEESY CHICKEN CRESCENT SUPPER****Tawnya Staton**

2 cans boned chicken  
1 cup grated Velveeta cheese  
2 cans crescent rolls

1 can cream of chicken soup  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup water

Preheat oven to 375°. Combine chicken and 3 Tbsps. cheese. Separate rolls into triangles. Place chicken mixture evenly onto triangles. Roll up.

In saucepan, combine soup, milk, water and  $\frac{1}{3}$  cup cheese. Heat until cheese is melted. Pour soup mixture into ungreased 9x13" pan. Arrange filled crescents in hot soup mixture. Bake 20 to 25 minutes or until golden brown. Sprinkle with more cheese and return to oven until cheese is melted.

## SAVORY CHICKEN SQUARES

8-oz. pkg. cream cheese, softened  
9 Tbsps. margarine, melted  
6 cups cooked, cubed chicken  
 $\frac{3}{4}$  tsp. seasoned salt  
 $\frac{3}{8}$  tsp. seasoned pepper  
6 Tbsps. milk

Chris Van Wyk

3 Tbsps. chopped chives or onion  
3 Tbsps. chopped pimiento  
3 (8 oz.) cans crescent dinner rolls  
2 $\frac{1}{4}$  cups seasoned croutons, Italian or Caesar flavored, crumbled fine

Preheat oven to 300°. In medium bowl blend cream cheese and 6 Tbsps. oleo until smooth (reserve 3 Tbsps.). Add the next 6 ingredients and mix well. Separate the rolls into 4 rectangles, firmly pressing the perforations to seal edges. Spoon mixture evenly onto the rectangles. Pull the four corners of dough to the top center of the chicken mix, twisting slightly to seal edges. Brush tops with margarine and dip into crouton crumbs. Bake on ungreased cookie sheet 20 to 25 minutes or until golden brown. Serves 4.

## CHICKEN AND STUFFING CASSEROLE

1 pkg. Stove Top stuffing, any flavor  
 $\frac{1}{2}$  cup margarine, melted  
2 cups chicken broth  
1 cup cooked chicken, cut into chunks  
 $\frac{1}{2}$  cup mayonnaise or salad dressing

Val Van Kooten

2 eggs beaten  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup milk  
1 cup chopped onion  
1 can cream of chicken soup  
salt and pepper  
paprika

Combine  $\frac{3}{4}$  pkg. stuffing mix with margarine and 1 cup chicken broth. Spread in greased 9x13" pan. Top with chicken. Combine remaining broth, mayonnaise, eggs, milk, onion and celery. Pour over chicken. Crumble remaining stuffing mix over chicken. Spoon soup over entire mixture. Sprinkle with salt, pepper and paprika. Bake at 350° for 45 minutes. (After the first 10 minutes of baking, the soup has warmed enough to spread more evenly.) Serves 4.

## CHICKEN CASSEROLE

1 chicken, cooked and boned  
2 boxes cornbread Stove Top dressing  
 $\frac{1}{2}$  cup celery  
 $\frac{3}{4}$  cup onion  
4 Tbsps. margarine

Lorraine Synhorst  
Mary DuPree

3 cups chicken broth  
2 cups milk  
4 eggs, beaten  
1 cup light mayonnaise  
1 can cream of chicken soup

Saute celery and onion in margarine. Mix all ingredients together except for the soup. Put in 9x13" casserole dish. Cover and put in refrigerator overnight. Before baking, spread soup over the top and bake at 350° for one hour. Use two chickens if more meat is desired.

## CHICKEN AND STUFFING HOT DISH

Ginny Ver Ploeg  
Des Moines, Iowa

- |  |  |
|--|--|
| 1 (6 oz.) box chicken-flavored<br>Stove Top stuffing mix | 3 chicken breasts                        |
| 1 (10 oz.) pkg. frozen broccoli<br>spears                | 1 (10½ oz.) can cream of chicken<br>soup |
|  | 1 cup grated Colby cheese                |

Prepare stuffing mix according to directions on the box. Slightly cook the broccoli spears. Cook the chicken breasts and cut into bite-sized pieces. Mix the soup with 1 soup can water. Layer all ingredients in order listed in a 7½x11½" greased baking dish. Cover with foil. Bake at 350° for 30 minutes. Serves 8.

## CHICKEN CASSEROLE

Lorraine Synhorst  
Mary DuPree

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 cups cooked chicken, cubed          | 1 can cream of mushroom soup  |
| 1 can mushrooms, drained              | 1 can cream of chicken soup   |
| 1 (7 oz.) pkg. elbow macaroni,<br>dry | 7 ozs. Velveeta cheese, cubed |
| 1 cup milk                            | 4 hard-cooked eggs, sliced    |
|                                       | 1 cup chicken broth           |

Mix all ingredients and pour in a 9x13" baking dish. Refrigerate overnight. Bake 1 hour at 325°.

## OVERNIGHT CHICKEN CASSEROLE

Wilma Roorda

- |                               |  |
|-------------------------------|--|
| 2 cups uncooked macaroni      | 1 minced onion                         |
| 2 cans cream of mushroom soup | 1 cup mushrooms, drained               |
| 8 ozs. grated cheddar cheese  | 2 cans chicken or 4 chicken<br>breasts |
| 4 hard-cooked eggs            | 1 Tbsp. curry powder                   |
| ¼ cup butter, melted          |  |
| 2 cups milk                   |  |

Cook and cut up chicken. Mix all the ingredients and spoon into a 9x13" pan. Cover and refrigerate overnight. Bake at 350° for 1 hour. Serves 12 to 15.

## CHICKEN-RICE CASSEROLE

Harriet Heusinkveld

- |  |   |
|--|---|
| 1 can cream of celery soup                             | 2 cups water                              |
| 1 cut-up chicken or 8 to 10<br>breast halves or thighs | 1 cup rice                                |
| 1 can cream of mushroom soup                           | 1 envelope dry onion soup<br>curry powder |

Pour celery soup in 9x13" pan and add 1 cup water. Place chicken in pan. Pour mushroom soup over chicken and add 1 cup water. Sprinkle rice evenly over top and then sprinkle on the onion soup. Lightly sprinkle with curry powder. Cover with foil and bake at 350° for 1½ hours. Stir, cover again and continue baking 30 minutes longer. (One cup red wine may be used for part of the liquid and more rice may be added.) Serve 6-8.

## CHICKEN HOT DISH

Milly Vande Kieft

1 (3 oz.) can chow mein noodles  
2 cups cooked chicken  
 $\frac{1}{2}$  cup milk  
1 can cream of chicken soup

1 can cream of celery soup  
1 (14 oz.) can mixed Chinese  
vegetables or regular mixed  
vegetables

Cut up the chicken. Mix all ingredients. Place in a 3 quart casserole. Cover with crushed potato chips. Cover and bake at 325° for 1 to 1½ hours. Serves 6-8.

## CHICKEN BAKE

8 oz. (6 cups) medium noodles  
 $\frac{1}{2}$  cup butter or margarine  
 $3\frac{1}{2}$  cups milk  
 $\frac{1}{2}$  tsp. seasoned salt  
 $\frac{1}{8}$  tsp. seasoned pepper  
1 Tbsp. Kitchen Bouquet  
4 cups cooked chicken, diced

2 (10¾ oz.) cans chicken  
gravy (2½ cups)  
2 Tbsps. chopped pimiento  
 $\frac{1}{2}$  cup dry, fine bread crumbs  
1½ Tbsps. margarine, melted  
2 ozs. (1½ cups) American cheese  
 $\frac{1}{2}$  cup slivered almonds

Cook noodles and drain. Add 2 Tbsps. margarine and  $\frac{1}{2}$  cup milk. In saucepan melt remaining 6 Tbsps. margarine and blend in flour, salt, pepper and Kitchen Bouquet. Cook and stir until mixture thickens. Stir in chicken, gravy, pimiento and noodles. Spread in 9x13" pan. Bake at 350° for 25 minutes.

Combine bread crumbs and melted margarine. Blend in cheese and almonds. Put on top of mixture and bake 10 minutes more.

## KING RANCH CHICKEN CASSEROLE

Joyce Hackert

1 (10¾ oz.) can cream of chicken  
soup  
1 (10¾ oz.) cream of mushroom  
soup  
1 (10 oz.) can Rotel tomatoes  
and green chilies

2 cups chicken broth  
12 tortillas, cut in pieces  
1 cooked, cut-up chicken  
1 onion, chopped  
2 cups grated cheese, Monterey  
Jack or American

Combine soups, broth and tomatoes. Layer half the tortilla pieces, half of the chicken, half of the onion and half of the cheese in a greased 9x13" pan. Pour half of the chicken broth over this. Layer remaining tortillas, chicken and onion. Then pour over the remaining broth and cheese. Bake at 350° for 45 to 60 minutes. This can be frozen and reheated.

## FAMILY CHICKEN CASSEROLE

1 (7 oz.) pkg. taco flavor chips  
1 chicken, cooked and cut up  
1 cup chicken broth, saved from  
cooked chicken  
1 can cream of chicken soup

Grease a 9x13" pan. Line pan with taco chips and then add the cut-up chicken. Mix soups, tomatoes and broth and pur over the chicken. Top with cheese. Bake at 350° about 30 minutes or until it begins to bubble. Serves 8.

**Mrs. Kent Sneller  
Sioux Center, Iowa**

1 can cream of mushroom soup  
1 (10 oz.) can Rotel tomatoes and  
green chilies  
1 lb. grated cheddar cheese

## CHICKEN ENCHILADA BAKE

2 Tbsps. butter  
½ cup chopped onion  
1 garlic clove, minced  
½ cup sliced ripe olives  
½ cup chopped green chilies  
1 (10¾ oz.) can cream of chicken  
soup

Heat oven to 350°. Melt butter in medium saucepan. Add onion and garlic and saute until tender. Stir in ¼ cup ripe olives, and then the chilies, soup and sour cream. Mix well. Reserve ¾ cup sauce, and set aside. To remaining sauce, add chicken and ½ cup cheese. Mix well.

In medium skillet, heat oil. Lightly fry tortillas to soften. Fill tortillas with chicken mixture and roll up. Place seam side down in ungreased 8x12" baking dish.

In small bowl, combine reserved ¾ cup sauce and milk and spoon over filled tortillas. Bake at 350° for 30 to 35 minutes or until bubbly. To serve, sprinkle with remaining cheese and olives. Serves 4 to 6.

**Ardith Sutphen**

½ cup sour cream  
1½ cups cooked, cubed chicken  
or turkey  
1 cup shredded cheddar cheese  
¼ cup oil  
8 small-sized flour tortillas  
¼ cup milk

## CHICKEN SPINACH CREPES

Hen Timmer  
Sioux Falls, South Dakota

### FEATHERY SOUR CREAM CREPES:

1 cup flour	2 eggs
1½ cups milk	2 Tbsps. sugar
½ cup sour cream	¼ tsp. salt

Beat all ingredients until well blended. Heat a lightly greased 6" teflon coated skillet. Remove from heat. Spoon in about 2 Tbsps. of the batter, lift and tilt skillet to spread batter across the bottom. Return to heat, brown 1 side only. (Will take about 70 seconds on medium high heat.) To remove, invert onto paper towel. Grease the skillet occasionally. Place each crepe between squares of waxed paper and refrigerate or freeze. This makes about 20 to 22 crepes.

### FILLING:

4 Tbsps. butter or oleo, melted  
2 onions, chopped  
½ lb. mushrooms, sliced  
2 cups chopped cooked chicken

5 ozs. frozen chopped spinach,  
thawed and drained  
6 Tbsps. sour cream  
2 Tbsps. sherry  
salt to taste

Saute onion until soft, or soften in microwave. Add mushrooms and saute for a few more minutes. Add the rest of the ingredients and stir until well blended. This may be done ahead and refrigerated. This will fill 8 crepes if ¾ cup filling is used in each, or 12 crepes with ¼ cup filling in each.

### SAUCE:

6 Tbsps. butter or oleo, melted  
6 Tbsps. flour  
½ cup sherry  
2 cups chicken stock

1 cup milk  
¼ cup parmesan cheese  
¾ cup Swiss cheese, shredded  
salt to taste

Melt butter and stir in flour until smooth. Add sherry, chicken stock and milk and cook until a full boil and thickened, stirring constantly. Reduce heat and simmer a few minutes. Add the parmesan and Swiss cheeses and salt and stir until the cheese has melted. Remove from heat. Cover with waxed paper to prevent skin from forming on top. This sauce can be frozen.

### TO ASSEMBLE:

Fill crepes with warm filling, roll up, and place in baking dish. Spoon sauce over each crepe. Bake at 350° for 15 minutes or 300-325° for 30 minutes. Garnish with paprika and/or parsley.

### **CHICKEN-BROCCOLI STUFFING DISH**

**Wilma Hoekstra**

1 box Stove Top chicken flavor stuffing	1 can cream of chicken soup $\frac{3}{4}$ cup milk
2 cups cooked and cubed chicken	1½ cups shredded cheddar
1 box of frozen broccoli pieces	cheese

Prepare the stuffing according to package directions. Arrange in a 9x13" greased dish. Then layer the chicken and broccoli pieces.

Mix the soup and milk, and pour over the mixture in pan. Bake at 350° for 30 to 40 minutes. During the last 15 minutes of baking, sprinkle on the cheese. This is a quick and easy recipe!

### **CHICKEN BROCCOLI CASSEROLE**

**Darlene Slagter  
Oskaloosa, Iowa**

3 lbs. frying chicken	$\frac{1}{4}$ tsp. curry powder
2 (10 oz.) pkgs. frozen broccoli	1 Tbsp. lemon juice
1 cup mayonnaise	$\frac{1}{2}$ cup grated cheddar cheese
2 Tbsps. chopped onion	$\frac{1}{2}$ cup bread crumbs or potato chips
2 (10¾ oz.) cans cream of chicken soup	1 Tbsp. margarine

Grease 7x11" casserole. Place cooled, cut-up chicken on bottom and then the broccoli. Combine mayonnaise, soup, onion, curry powder and lemon juice and pour on top of broccoli. Mix the cheese and butter and sprinkle on top and then add the bread crumbs or chips. Bake at 350° for 30 to 40 minutes.

### **CHICKEN BROCCOLI DIVAN**

**Dorothy K. Bosch**

1 lb. broccoli or 1 (10 oz.) pkg.	$\frac{1}{2}$ cup shredded cheddar cheese
1½ cups cut-up chicken or turkey	1 Tbsp. oleo, melted
1 can cream of broccoli soup	1 Tbsp. dry bread crumbs
$\frac{1}{3}$ cup milk	

In shallow casserole arrange broccoli and chicken. Mix the soup and milk and pour over the top. Sprinkle on the cheese. Top with buttered crumbs. Bake at 450° for 15 minutes or in microwave, covered, for 6 minutes on high, rotating dish.

## CHICKEN STUFFING CASSEROLE

Madeline Vanderzyl  
Charlotte Klyn

1 small pkg. Pepperidge Farm dressing	½ cup mayonnaise
½ cup butter, melted	¾ tsp. salt
1 cup water or chicken broth	2 tsps. chopped pimiento
2½ cups diced chicken	2 eggs, well beaten
½ cup chopped onion	1½ cups milk
¼ cup chives	1 can cream of mushroom soup
½ cup chopped celery	cheddar cheese

Lightly toss the dressing, butter and water or broth. Put half the mixture in bottom of an 8x12" baking dish.

Mix the chicken, onion, chives, celery, mayonnaise, salt and pimiento and pour on top of first layer. Put the rest of the dressing mix on top of the mixture.

Mix the eggs and milk and pour over entire dish. Cover with foil and refrigerate overnight. One hour before baking, pour on the soup, slightly diluted. Bake uncovered 50 minutes at 325°. Add grated cheese and bake 10 minutes longer. Delicious reheated.

## \*TURKEY ORIENTAL

Vivian Rippentrop

1 turkey breast	½ tsp. garlic powder
½ cup turkey broth	16 oz. pkg. frozen Oriental mixed vegetables
3 Tbsps. low salt soy sauce	2 tsp. conola oil
1 Tbsp. cornstarch	
1 Tbsp. brown sugar	

Steam and cook the turkey. Cube or cut into julienne slices. Combine broth, soy sauce, cornstarch, sugar and garlic. Set aside.

In wok or skillet, stir-fry vegetables in 1 Tbsp. hot oil for 3 minutes using high temperature. Set aside on edge of wok. Reduce heat and add turkey. Cook and stir. Stir in broth mixture and cook until thickened. Stir in vegetables and simmer for 2 minutes.

## TERIYAKI TURKEY LEGS

Evelyn Bandstra

2 turkey legs	¼ cup brandy
1 bottle (7.25 fl. oz.) teriyaki sauce	5 green onions, cut in 2" pieces

Arrange turkey legs in a 3-quart shallow casserole dish. Combine teriyaki sauce and brandy. Pour over turkey. Cover with foil. Refrigerate overnight, turning once. Top with green onions. Bake turkey and marinade, covered with foil, in 350° oven for 45 minutes. Turn. Bake, covered, 45 minutes longer. Serves 4.

Four turkey drumsticks or wings can be used in place of turkey legs.

## TURKEY MEATBALLS

1 lb. ground turkey  
½ cup evaporated milk  
2 eggs, beaten  
½ cup oatmeal

½ cup onion  
½ tsp. garlic powder  
2 tsps. chili powder  
¾ tsp. pepper

Combine all ingredients and form into meatballs (will be soft). Coat electric frypan with vegetable spray. Fry in small amount of oil. Combine the sauce ingredients and pour over meatballs. Cover and cook 40 to 60 minutes over low heat.

### SAUCE:

2 cups catsup  
1 cup brown sugar

½ tsp. liquid smoke  
½ tsp. garlic powder  
¼ tsp. chopped onion

## MARINATED GRILLED STEAK

1½ pounds trimmed steak, flank  
or sirloin  
juice of 1 lemon  
½ cup soy sauce  
¼ cup dry red wine  
3 Tbsps. vegetable oil

2 Tbsps. Worcestershire sauce  
1 large clove garlic, sliced or  
minced  
pepper to taste  
6 chopped green onions  
2 tsps. chopped dill weed

Mix all ingredients, except the steak. Marinate steak in this mixture, turning occasionally, for 6 to 12 hours in refrigerator.

Remove from marinade and broil meat over hot coals to desired doneness—about 5 minutes on each side for rare. Slice meat on the diagonal across the grain and serve. Serves 4 to 6.

**Joan Klyn**

## SOY MARINADE

(For marinating less expensive cuts of steak to make them more tender and flavorful.)

½ tsp. ginger  
1 green onion, chopped (optional)  
1 garlic clove, minced  
¾ cup salad oil

¼ cup soy sauce  
3 Tbsps. honey or sugar  
2 Tbsps. vinegar or lemon juice

In small bowl, combine all ingredients. Mix well. Makes 1½ cups.

**Dody Boat**

## **BAR-B-Q BEEF BRISKET**

5 to 6 lbs. brisket	1 cup ketchup
seasoning salt	$\frac{1}{3}$ cup worcestershire sauce
garlic salt	$\frac{3}{4}$ cup brown sugar
worcestershire sauce	1 Tbsp. lemon juice
pepper	

Sprinkle brisket generously with seasoning salt, garlic salt, worcestershire sauce and pepper. Bake 30 minutes at 450°. Wrap brisket in foil and bake 7 to 8 hours at 225°. (Place in a pan with sides in case some juice escapes.)

For the sauce, remove the juice from the brisket and add water to make 2 cups liquid. Add the ketchup, worcestershire sauce, brown sugar and lemon juice.

Chill the brisket and then thinly slice and pour sauce over top. Put in oven until hot. This is good to fix ahead for company.

## **OVEN SWISS STEAK**

**Ina Hansen  
Storm Lake, Iowa**

$\frac{1}{2}$ to $\frac{3}{4}$ lb. boneless round steak, $\frac{3}{4}$ " thick	$\frac{1}{4}$ tsp. worcestershire sauce
2 Tbsps. flour	1 cup (8 oz.) stewed tomatoes
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup chopped celery
$\frac{1}{4}$ cup chopped carrot	1 Tbsp. chopped onion
	2 Tbsps. shredded cheese

Cut meat into two portions. Mix flour and salt and pound into meat. Brown meat in small amount of hot shortening. Place meat in small shallow baking dish. Blend in remaining flour in skillet with drippings. Add remaining ingredients except cheese. Cook, stirring constantly until mixture boils. Pour over meat. Cover and bake at 350° for 1 hour. Sprinkle cheese over meat and return to oven for a few minutes. Serves 2.

## **PARTY PORK CHOPS**

**Ruth Van Ee Saholt  
Whitefish, Montana**

6 large loin pork chops, cut about $1\frac{1}{4}$ " thick	6 thin slices of onion
salt and pepper	6 generous Tbsps. of shredded raw carrots
flour	6 slices green pepper
6 Tbsps. raw rice	1 $\frac{1}{2}$ cups tomato juice
6 slices of tomato	

Season chops with salt and pepper. Flour lightly, then brown on both sides. Place chops in 9x13" baking dish. On each chop place 1 tablespoon raw rice, next a slice of tomato, then 1 tablespoon shredded carrot, then the onion slice and green pepper. Now, spoon some of the tomato juice over each chop and pour over the remaining juice in the bottom of the baking dish. Cover tightly and bake at 350° for 1 to 1 $\frac{1}{2}$  hours or until chops are tender and rice is cooked. Serves 6.

## SWEET AND SOUR SPARERIBS

Pat Ulrich

1 rack spareribs (3 to 4 lbs.) cut in 2" lengths	2 Tbsps. soy sauce
¾ cup packed brown sugar	1 can (8 oz.) crushed pineapple, undrained
2 Tbsps. cornstarch	½ cup catsup
2 tsps. dry mustard	¼ cup finely chopped onion
½ cup white mustard	salt and pepper to taste

Put ribs in a single layer in a 9x13" baking dish. Microcook on high 10 minutes. Cover with waxed paper. Mix ½ cup water and remaining ingredients, except salt and pepper in a micro-proof bowl. Microcook on high, stirring after 4 minutes, then every 2 minutes thereafter until thick and glossy, about 8 minutes. Sprinkle salt and pepper over ribs; stir ribs. Spoon half the sauce over ribs to cover each piece. Cover with waxed paper; microcook on high 10 minutes; stir ribs. Spoon remaining sauce over ribs. Cover with waxed paper. Cook on high about 10 minutes or until done. Spoon off any fat from sauce before serving. Serves 4.

## HAM ORIENTAL

Martha Paul

¾ cup brown sugar	1 clove garlic, minced
¼ tsp. dry mustard	¼ cup vinegar
1 Tbsp. cornstarch	½ cup water
1 tsp. ground ginger	2 cups cooked ham
¼ tsp. ground cloves	

Mix all ingredients except ham. Cook about 5 minutes. Add ham and simmer for 20 minutes. Serve over rice or noodles.

## RIO GRANDE PORK ROAST

Shirma Huizenga  
Portage, Michigan

4 to 5 lbs. rolled pork loin roast	½ cup catsup
½ tsp. salt	1 Tbsp. vinegar
½ tsp. garlic salt	½ tsp. chili powder
½ tsp. chili powder	1 cup crushed corn chips
½ cup apple jelly	

Place roast, fat side up, on rack. Combine salt, garlic, and ½ teaspoon chili powder and rub into roast. Roast at 325° for 2½ hours, uncovered.

In saucepan combine jelly, catsup, vinegar and remaining chili powder. Bring to boil and simmer 2 minutes. Brush roast with this glaze and top with crushed corn chips. Continue roasting 15 more minutes. Measure pan drippings. Add water to make one cup. Heat to boiling and pass with meat. Serves 6.

## PORK CHOPS ORANGE

Glenda Duvén

6 thick pork chops	1/2 tsp. salt
1 (11 oz.) can mandarin oranges	1 tsp. prepared mustard
4 Tbsps. brown sugar	1/4 cup ketchup
1/2 tsp. cinnamon	1 Tbsp. vinegar
3 whole cloves	

Brown chops on both sides in skillet. Add drained oranges, saving juice. Mix  $\frac{3}{4}$  of orange liquid with remaining ingredients and pour over chops. Cover and simmer until chops are done, about 45 minutes. Excellent with rice pilaf or plain rice. Serves 6.

## FIVE POUND HAM-CANNED

Tawnya Staton

Punch holes in top of can. Bake at  $350^{\circ}$  for  $1\frac{1}{2}$  hours. Pour off liquid. Mix  $\frac{1}{2}$  cup barbecue sauce and  $\frac{1}{4}$  cup pancake syrup and pour into holes. Bake at  $325^{\circ}$  for 2 hours.

## BEEF STEW WITH CUMIN

1 cup flour	1 cup canned tomatoes, including juice, chopped
$\frac{1}{2}$ Tbsp. thyme	2 Tbsps. ground cumin
$\frac{1}{2}$ tsp. salt	1 tsp. chili powder
$\frac{1}{4}$ tsp. pepper	1 bay leaf
3 lbs. beef in 1-inch cubes	2 large onions, coarsely chopped
$\frac{1}{4}$ cup olive oil	4 garlic cloves, chopped
1 cup dry red wine	$\frac{1}{2}$ cup fresh parsley, chopped
1 $\frac{1}{2}$ cups beef stock	

Mix flour, thyme, salt and pepper. Use to coat meat. In hot oil, brown beef cubes. After all are browned, add wine, stock and tomatoes. Bring to boil, scraping pan. Return beef to kettle. Add cumin, chili, bay leaf, dash of salt and pepper. Cover and bake at  $350^{\circ}$  for  $1\frac{1}{2}$  hours stirring occasionally. After 45 minutes add onion. Remove cover. About 15 minutes before serving add parsley and garlic. Serve with egg noodles.

## BAKED BEEF STROGANOFF

Val Van Kooten

1 $\frac{1}{2}$ lbs. round steak, cut into $\frac{3}{4}$ " cubes	1 (6 oz.) can mushrooms
flour, salt and pepper	1 can tomato soup
2 Tbsps. shortening	1 Tbsp. worcestershire sauce
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ tsp. salt
1 clove garlic, minced	$\frac{1}{8}$ tsp. pepper
	1 cup sour cream

Dredge meat in flour and seasonings. Melt shortening and brown meat well. Add onions, garlic and mushrooms. Saute slightly. Place in 8x8" pan. Combine soup, worcestershire sauce, salt and pepper and pour over meat. Cover with foil and bake at  $400^{\circ}$  for 1 hour or until meat is tender. Stir in sour cream and bake at  $350^{\circ}$  for 20 minutes. Serve over cooked noodles or rice.

## MICROWAVE BEEF BOURGUINONNE

Nellie E. Veldhuizen

Oskaloosa, Iowa

1½ to 2 lbs. stew meat or sirloin  
steak, cut into strips  
1 can mushrooms or ½ lb. fresh  
1 large onion, sliced  
1 medium carrot, chopped  
1 clove garlic, minced  
½ cup white or wine vinegar

½ cup water  
1 Tbsp. parsley flakes  
1 tsp. salt  
2 tsps. instant beef bouillon  
½ tsp. thyme  
¼ tsp. pepper

Stir meat in flour to coat evenly. Mix in remaining ingredients. Cover tightly and microwave on High for 5 minutes. Reduce power to 50% and microwave for 35 to 45 minutes, stirring once, until meat is tender. Let stand for 10 minutes.

Serve over rice, noodles, or potatoes. This recipe works great in a crockpot too.

## CARBONADE FLAMANDE

2 lbs. beef, cubed  
3 Tbsps. bacon drippings  
12 ozs. onions  
1 Tbsp. flour  
1 clove garlic, crushed

Gretchen Bearce

salt and pepper to taste  
1 Tbsp. sugar  
1 bottle beer  
1 tsp. vinegar  
pinch of thyme

Cook finely sliced onions in half the drippings until soft and slightly browned. Remove, add rest of drippings and brown floured meat. Put back the onions add garlic, pour in beer and add just enough water to cover. Add vinegar and thyme, sugar, salt and pepper. Cover tightly and cook at 300° for 2 hours.

When ready to serve, top with slices of French bread liberally spread with coarse mustard, the last 15 minutes of cooking, with the lid removed.

## FOURTH OF JULY SHISH-KA-BOBS

MARINADE:  
½ cup ketchup  
¼ cup water  
¼ cup finely chopped onion  
3 Tbsps. lemon juice

Linda Groenendyk

1 Tbsp. brown sugar  
2 Tbsps. oil  
2 tsps. prepared mustard  
2 tsps. worcestershire sauce  
½ tsp. chili powder

Mix all ingredients and simmer for 10 minutes. Marinate beef roast or steak, cut into 1" to 2" squares, in sauce overnight.

When ready to prepare meal, place meat and vegetables on skewers. Vegetable suggestions: peppers, fresh onions, cherry tomatoes, small potatoes or quartered potatoes (best if partially cooked in microwave for 10 minutes), fresh mushrooms. Shelled shrimp is also very good. Adults and children enjoy creating their own shish-ka-bob with their favorite foods.

Place skewers on hot grill for about 15 minutes. Turn to prevent burning.

**TATER TOT CASSEROLE**

Tawnya Staton

2 lbs. hamburger	6 to 8 slices of cheese
1 can peas or corn	salt and pepper to taste
1 can cream of chicken soup	1 pkg. frozen tater tots
1 can cream of celery soup	1½ soup cans of water

Brown hamburger and drain. Put in bottom of 8x10" baking dish. Pour drained vegetables over meat. Mix the soups and water and pour on top. Then cover with cheese slices. Cover with tator tots. Bake at 350° for 35 to 40 minutes.

**Mrs. J.E. Shultz'****HAMBURGER AND RICE CASSEROLE****(Dutch Treats, a favorite  
of Ilda Van Zee)**

1 cup rice	1 green pepper
2 cups boiling water	1 can cream of mushroom soup
1½ lbs. hamburger	1 can cream of chicken soup
2 cups fresh celery	crushed corn flakes
1 cup raw onion	

Add rice to boiling water, cover tightly and set aside for 14 minutes. Brown hamburger and set aside. Chop celery, onion and green pepper into rather fine pieces.

Combine above ingredients with soups. Place in a shallow baking dish, cover with crushed cornflakes and bake at 350° for 40 minutes.

**ITALIAN CASSEROLE**

Ruby Van Vark

1 lb. ground beef	½ tsp. salt
½ cup onion	1 can tomato soup
1 tsp. garlic powder	2 cups wide noodles
1 tsp. oregano	1 cup shredded mozzarella cheese

Brown ground beef and onion. Cook noodles. Combine all and put in greased 9x9" pan. Top with cheese. Bake 30 minutes at 350°.

**GRANDMA'S EASY CASSEROLE**Luella Mulder  
New York, New York

1 small pkg. (12 oz.) noodles	2 onions
2 cans cream of mushroom soup	season to taste or use seasoned
3 cups milk	sausage and omit any other
2 lbs. <u>very lean</u> sausage	seasonings
1 pkg. frozen peas, uncooked	buttered bread crumbs

Prepare noodles according to package directions. (I use a 12 oz. package of Light and Fluffy medium egg noodles.) Brown the sausage and onions and drain. Blot with paper towel to remove as much fat as possible. Mix all the ingredients and put in 9x12" baking dish or divide into smaller portions. Cover with buttered bread crumbs. Bake at 350° for 1 hour. Freezes well.

**MINNESOTA WILD RICE AND PORK CASSEROLE**    **Donna Knoth Holland, Michigan**

4 pork chops, cubed	1 soup can water
1 onion, chopped	salt and pepper to taste
2 stalks celery, chopped	1 cup wild rice
1 can mushrooms with juice	2 Tbsps. margarine
1 can cream of chicken soup	

Saute cubed pork chops in margarine with celery and onion until brown. Add mushrooms, soup and water. Simmer for 10 minutes in frying pan. Prepare wild rice following package directions. Combine all ingredients in a buttered casserole. Bake at 325° for 1 hour. Add more water if it seems to be getting dry.

**BEEFY CRESCENT SQUARES**

**Mary DuPree**

1 lb. ground beef	½ cup sour cream
¼ cup chopped onion	salt and pepper
1 small jar sliced mushrooms, drained	1 (8 oz.) can quick crescent rolls 6 slices American or Swiss cheese

Brown beef and onion. Stir in mushrooms and sour cream. Add salt and pepper. Separate dough into 2 large rectangles and place in ungreased 9x13" pan. Press over bottom and ½" up side for crust. Pour in hot mixture and top with cheese. Bake at 375° for 20 to 25 minutes.

**HAMBURGER BAKE**

**Mary Ann Eichholz  
Omaha, Nebraska**

Put hamburger into round cake pan. Spread with prepared mustard, salt, pepper, thin slices of onion, sliced tomatoes and green pepper rings.

Put layer of hamburger on top and then cover with sliced tomatoes.

Bake at 350° for 30 minutes. Serve with noodles, rice or baked potatoes.

Leftovers freeze well. This is especially good with fresh homegrown tomatoes.

**Anita De Heus' FAVORITE MEATLOAF**    **(Dat Is Lekker Kookbook,  
a favorite of Ilda Van Zee)**

1 lb. hamburger	1 tsp. salt
3 slices bread	¼ tsp. pepper
1 cup milk	1 Tbsp. worcestershire sauce
1 egg	¼ tsp. celery salt, sage or poultry
¼ cup minced onion	seasoning

Tear bread into pieces and place in mixing bowl. Add milk, beaten egg, meat and seasonings. Place lightly in baking dish. Bake 1 hour at 350°. You may wish to pour off some broth as it is quite juicy.

### **\*MEAT LOAF**

1 lb. extra lean ground beef  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup uncooked oatmeal  
 $\frac{1}{4}$  cup liquid egg substitute  
2 Tbsps. dry onion flakes

**Elaine Jaarsma**

2 Tbsps. finely chopped celery  
2 Tbsps. finely chopped green or red pepper  
 $\frac{1}{2}$  cup catsup  
 $\frac{1}{4}$  cup brown sugar

Combine all ingredients except the catsup and brown sugar and mix well. Put in small loaf pan. Mix the catsup and brown sugar and spread over meat before baking. Bake for one hour at 350°. Serves 4. A double recipe fills a regular sized loaf pan.

### **SMOKED HAMBURGER MEATBALLS**

1 lb. hamburger  
1 egg

1 cup bread crumbs  
 $\frac{1}{8}$  tsp. nutmeg

**Nora Stark**

Mix, make into meatballs and fry down. Put on the following sauce:  
1 cup Open Pit Barbecue Regular      1 cup water  
1 cup Open Pit Hickory Smoke

Mix, heat through and bring to a boil. Simmer 25 to 30 minutes.

### **ORIENTAL MEATBALLS**

1½ lbs. ground beef  
 $\frac{3}{4}$  cup oatmeal  
1 can (5 oz.) water chestnuts,  
chopped  
 $\frac{1}{2}$  cup milk  
1 egg, slightly beaten  
1 Tbsp. soy sauce  
1 tsp. Accent  
 $\frac{1}{2}$  tsp. salt

**Muriel Humphrey**

**SAUCE:**  
1 can (8½ oz.) crushed pineapple  
1 cup packed brown sugar  
2 Tbsps. cornstarch  
1 cup beef bouillon  
 $\frac{1}{2}$  cup vinegar (red wine, garlic)  
2 Tbsps. soy sauce  
 $\frac{1}{3}$  cup chopped green pepper

Combine meatball ingredients and shape into balls. Brown and drain. Drain pineapple; reserve juice. Mix sugar and cornstarch in saucepan. Stir in juice, bouillon, vinegar and soy sauce. Cook, stirring constantly until thick and clear. Stir in green pepper and pineapple. Add meatballs. Simmer 20 to 30 minutes.

## **LEXINGTON MEATBALLS**

**Joyce Schipper**

1½ lbs. ground beef	2 eggs
½ cup cranberries, finely chopped	1 Tbsp. soy sauce
½ cup minced onion	½ tsp. salt
1 can (5 oz.) water chestnuts, drained and chopped	¼ tsp. pepper ¼ cup margarine

Combine all ingredients except margarine. Mix and shape into balls. Melt margarine. Brown meatballs. Serve with cranberry dip.

Note: meatballs can be placed in broiler pan and baked in oven at 350° for 20 to 25 minutes.

### **CRANBERRY DIP:**

2 cups cranberry juice cocktail	¼ cup sugar
3 Tbsps. cornstarch	½ tsp. salt
2 to 3 Tbsps. vinegar	2 chicken bouillon cubes

Mix ¼ cup cranberry juice with cornstarch. Combine remaining juice, vinegar, sugar, salt and bouillon cubes in saucepan. Stir in cornstarch mixture and cook until thick and clear.

## **BARBECUED MEATBALLS**

### **(Crockpot recipe)**

3 lbs. ground beef	
2 eggs	
1 waxpaper section soda crackers	
1 tsp. salt	
1 tsp. garlic salt	
green pepper and chopped onion to taste	

**Laura Patchen**

### **SAUCE:**

1 cup brown sugar, firmly packed
1½ cups ketchup
1½ tsps. nutmeg
6 tsps. dry mustard

Put sauce in crockpot. Drop in raw meatballs and cook on high 30 minutes, then on low for 3 hours. Gently lift meatballs so that all reach the sauce after 2 hours of cooking.

## **BEEF OLE'**

**Peggy Pierson**

1 lb. ground beef, browned	1 pkg. Lowrey's spaghetti sauce mix
1 tsp. chili powder	
1 small can tomato sauce	1¼ cups water

Bring to a boil and simmer 25 minutes. Serve over corn chips. Top with chopped lettuce, chopped tomatoes, chopped onion, grated cheese, black olives and avocado.

## **Helene Dockendorff's HAM LOAF**

1½ lbs. ground ham  
 1 tsp. prepared mustard  
 1 Tbsp. chopped parsley  
 ¾ cup oatmeal

Combine all ingredients and pour into 8½x4½" loaf pan or in individual molds. Mix and heat until dissolved: ¼ cup brown sugar and ¼ cup vinegar. Pour over ham loaf. Bake at 350° for 1 hour. Serves 6.

**(Pella's Choicest Recipes,  
a favorite of Peggy Pierson)**

1 small onion, diced  
 ¾ cup evaporated milk  
 1 beaten egg

## **HAM LOAF**

1½ lbs. ground ham  
 1½ lbs. ground pork  
 1 cup bread crumbs  
 1 cup milk

Soak bread crumbs in milk. Mix all together.

Topping:  
 ½ cup catsup

Mix these ingredients and spread over meat. Bake at 350° for one hour or slightly more until done. Serves 8.

**Mary Jane Banfield**

1 cup diced onion  
 2 eggs, beaten  
 2 tsps. lemon pepper

## **MANDARIN HAM LOAF**

2 lbs. (4 cups) ground smoked ham  
 1 cup rolled oats  
 ¾ cup orange juice  
 2 eggs, beaten  
 ¼ cup chopped onion

Thoroughly combine ham, oats, orange juice, eggs, onion, worcestershire sauce, mustard and pepper. Firmly pack ½ mixture into 8½x4½ loaf pan. Arrange ½ cup oranges over ham. Sprinkle with ½ of the brown sugar. Pack remaining ham on top. Arrange rest of oranges on top. Sprinkle with brown sugar.

**Muriel Humphrey**

1 Tbsp. worcestershire sauce  
 1 tsp. dry mustard  
 ¼ tsp. pepper  
 11 oz. can mandarin oranges  
 ¼ cup brown sugar, packed

## HAM BALLS

¾ lb. smoked ham  
¾ lb. ground pork  
¾ lb. ground beef  
1 egg  
½ cup milk  
½ cup bread crumbs  
½ tsp. pepper

**Martha Schwartz**

SAUCE:  
1 cup brown sugar  
½ tsp. mustard  
¼ cup vinegar  
¼ cup water

Grind together all the meats. Add the egg, milk, crumbs and seasoning. Shape into loaf or balls. Pour sauce over meat, bake at 350° for 1 hour and 10 minutes. (I usually bake the loaf awhile, then drain the grease; pour sauce over; baste with sauce during baking.)

## HAM BALLS

2 lbs. ground smoked ham  
1 lb. hamburger  
3 eggs  
3 cups crushed graham crackers  
milk to moisten

**Wilma Hoekstra**

SAUCE:  
1 can tomato soup  
3 Tbsps. vinegar  
½ tsp. dry mustard  
1 cup brown sugar

Mix ham, hamburger, eggs, crackers and milk together. Form into balls and arrange in a 9x13" pan. Mix sauce ingredients thoroughly. Pour over ham balls. Bake at 350° for 1½ hours.

## VEAL AND LOBSTER WITH TARRAGON CREAM SAUCE

2 cooked lobster tails  
1 cup whipping cream  
1 Tbsp. minced fresh tarragon or  
1 tsp. dried & crumbled  
6 Tbsps. clarified butter  
1½ lbs. veal scallops, pounded thin

**Art and Diane Alt**

½ cup all-purpose flour  
1 cup sliced mushrooms  
4 green onions, minced  
¼ cup dry vermouth (or any white wine)  
salt

Cut lobster into ¾" pieces. Simmer cream and tarragon in small saucepan until reduced to ¼ cup. Set aside.

Heat clarified butter in heavy large skillet over medium-high heat. Dredge veal in flour. Add to skillet (in batches if necessary) and brown lightly on both sides. Transfer to heated plates. Add mushrooms and green onions to skillet and stir 2 minutes. Add lobster meat, cream mixture and vermouth. Reduce heat and simmer 2 minutes. Season sauce with salt. Pour over veal and serve immediately.

**Mrs. Geo. Gaass' SCALLOPED OYSTERS**      **(Pella's Choicest Recipes,**  
**a favorite of Helen Glendening)**

1 pint oysters	1 cup cracker crumbs
4 Tbsps. oyster liquor	$\frac{1}{2}$ cup melted butter
4 Tbsps. cream	salt and pepper
$\frac{1}{2}$ dry bread crumbs	

Brown butter slightly. Stir in bread and cracker crumbs. Put thin layer in bottom of buttered shallow baking dish. Cover with oysters, sprinkle with salt, and pepper. Add  $\frac{1}{2}$  each oyster liquor and cream. Repeat and cover top with remaining crumbs. Bake 30 minutes in hot oven at 450°. Never allow more than 2 layers of oysters. Serves 4.

**ESCALLOPED OYSTERS**

**Nellie Fish  
Rochester, Indiana**

1 pint oysters	$\frac{1}{2}$ cup melted butter or margarine
2 cups crushed crackers	$\frac{1}{2}$ tsp. worcestershire sauce
$\frac{1}{4}$ tsp. salt	2 cups scalded milk
$\frac{1}{8}$ tsp. pepper	

Put half of the oysters in a buttered, shallow baking dish. Combine crackers, salt, pepper and butter and toss lightly. Sprinkle half of the mixture over the oysters; add the rest of the oysters. Combine worcestershire sauce and milk and pour over oysters. Add remaining cracker mixture. Bake at 400° for 35 minutes or until brown. Serves 4.

**SHRIMP BOIL**

1 small red potato per person	
1 small onion per person	
2 Tbsps. crab/shrimp boil seasoning mix	
hot or mild Polish type sausage, cut into 1" pieces	

Boil potatoes and onions until done and set aside. Fill a large cooking pot with enough water to cover ingredients, add crab/shrimp seasoning to water and bring to a boil, add sausage and corn and boil 10 minutes. Add shrimp and boil 2 to 3 minutes or until shrimp turns pink. Remove from pot and drain. Add cooked potatoes and onions. Arrange on large platter and serve with French bread.

**Ann Schakel Goodwin**

1 ear corn on the cob per person	
$\frac{1}{2}$ lb. raw, unpeeled shrimp per person	
melted butter for corn	
cocktail sauce for the shrimp	

## FRIED SHRIMP MACADAMIA

(This can be used as a main dish or appetizer)

1 lb. large shelled fresh shrimp	1 lime
1 large onion	½ tsp. salt
3 white cloves	3 grinds black pepper
1 bay leaf	⅛ tsp. cayenne pepper
2 eggs, beaten	1 cup mayonnaise
1½ cups finely ground macadamia nuts	1½ tsps. curry powder

Devein shrimp. Peel onion and stick with cloves. In a large saucepan gently boil shrimp, onion, bay leaf, lime (halved) in salted water for 3 minutes. Remove shrimp and drain. Beat eggs with pepper. Dip each shrimp separately in ground macadamias, then in egg, then in ground nuts again before frying. Deep fry until golden brown. Drain. To make the dip, whip curry powder into mayonnaise.

## FAKE CRAB AND ARTICHOKE CASSEROLE      Maxine F. Huffman

1¼ cups macaroni shells, cooked according to package directions	3¼ cups milk
2 cups fresh fake crabmeat, shredded	⅓ cup sherry
4 Tbsp. margarine	1 can (8 oz.) artichoke hearts, drained
¼ cup flour	1 cup fresh mushrooms, sliced
2 green onions, chopped	¼ cup parmesan cheese, grated paprika

Melt margarine in a pan. Stir in the flour until smooth and add onions. Stir in the milk gradually. Bring just to a boil and then simmer for 5 minutes, stirring. Remove from heat.

Cook macaroni and drain.

Combine the crabmeat, sherry, macaroni, artichokes and mushrooms with the sauce. Place in a casserole, top with the parmesan cheese, and sprinkle with paprika. Bake at 350° for 30 minutes.

## CLAM SOUFFLE

1 cup milk	
1½ cups crumbled soda crackers	
¼ cup melted margarine	
1 can (8 oz.) clams, drained and rinse	

Combine milk and crackers in a bowl and let soak for 5 minutes. Add margarine, clams, green pepper, onions, salt, pepper, worcestershire sauce and eggs. Mix well.

Pour into casserole dish and bake at 350° for 40 to 50 minutes or until puffy and golden.

## Maxine F. Huffman

1 chopped green pepper
1 chopped onion
salt and pepper
dash of worcestershire sauce
2 eggs, well beaten

## \*SCALLOPS

Joan Schafer

12 to 24 scallops (depending on size)	3 Tbsps. cornstarch
½ cup fish broth	1½ sticks margarine
½ cup flat champagne	¼ cup Poly Rich
2 shallots	2 Tbsps. margarine

Reduce fish broth, champagne and shallots. Add cornstarch to PolyRich and add to reduced mixture. Then whip in 1½ sticks margarine over high heat. Set this aside.

Use reduced pan with remnants and add 2 Tbsps. margarine, scallops and wine. Cook briefly. The scallops should remain pink inside because they cook after the fact. Place scallops in dishes. Mix pan juices with other mixture and thicken. Pour over scallops. Serves 2 to 3.

## SCALLOPS WITH MUSTARD SAUCE

Maxine F. Huffman

2 lbs. scallops	1 cup mayonnaise
1 lb. fresh mushrooms, halved	¼ cup prepared mustard
1 cup chopped onion	½ cup shredded cheddar cheese
2 Tbsps. margarine	paprika

Steam scallops over boiling water for 10 minutes. Place in lightly greased baking dish.

Saute mushrooms and onion in margarine until onion is tender. Set aside.

Combine mayonnaise and mustard; pour over scallops. Top with onion and mushroom mixture. Sprinkle with cheese and paprika.

Broil 5 inches from heat for about 3 minutes or until the cheese is melted. Serves 4 to 6.

## SALMON SOUFFLE

Doris Vande Voort

3 Tbsps. butter or margarine	1 cup canned salmon, flaked
3 Tbsps. flour	1½ tsps. onion, grated
1 cup milk	4 eggs
¾ tsp. salt	

Melt butter. Add flour and blend with spoon. Gradually add milk. Stir while cooking until thick. Add salt and dash of pepper. Add onion and then the salmon. Remove from heat. Beat egg yolks and add to first mixture. Beat egg whites until stiff and fold into salmon mixture.

Pour into ungreased 1½ quart casserole. Bake at 300° for 1½ hours or at 425° for 25 minutes.

## SALMON PIE

Ruth Van Ee Saholt  
Whitefish, Montana

½ lb. mushrooms, sauteed  
1 (15½ oz.) can red salmon  
3 to 4 green onions, chopped  
3 eggs, beaten  
1 cup sour cream

½ cup grated sharp cheddar cheese  
¼ cup mayonnaise  
1 Tbsp. grated onion  
3 drops(+) tabasco sauce  
¼ tsp. dill weed

### WHOLE WHEAT CRUST:

1½ cups whole wheat flour  
1 cup grated cheddar cheese  
½ tsp. salt

½ tsp. paprika  
½ cup butter  
⅓ cup finely chopped almonds

Combine flour, cheese, salt and paprika. Cut in the butter, making crumbs. Add almonds. Press crumbs (SAVE 1 cup for topping) into 9" pie pan.

### PIE FILLING:

Drain and flake salmon, removing bones. SAVE liquid. Add liquid, mushrooms, eggs, sour cream, cheese and mayonnaise and seasonings to salmon, mixing thoroughly. Turn into pie plate lined with whole wheat crust. Sprinkle with crumbs reserved from crust. Bake at 400° for about 45 minutes. Serves 6 to 8.

## TUNA IN TOMATO ASPIC MOLD

Edith LeCocq

2 envelopes plain gelatin  
1 cup cold water  
⅔ cup ice water  
2 (8 oz.) cans tomato sauce  
1 Tbsp. minced onion  
1 cup (7 ozs.) tuna

¾ cup celery  
¼ cup dill pickles  
½ tsp. salad herbs (optional)  
¼ tsp. pepper  
2 Tbsps. freeze dried chives

In pan combine gelatin and 1 cup cold water. Dissolve over low heat. Add ice water, tomato sauce and onion. Chill until consistency of unbeaten egg whites. Fold in other ingredients. Pour into a 4½ cup mold or 6 individual molds. Chill until firm.

## TUNA CASSEROLE

Kathy Blom

8 ozs. noodles  
1 can tuna, drained  
½ cup Miracle Whip (can use light or fat free)  
1 cup sliced celery  
⅓ cup chopped onion

½ tsp. seasoned salt  
dash of pepper  
1 can cream of celery soup  
½ cup milk  
1 cup Velveeta cheese

Cook noodles according to package directions. Drain. Combine cooked noodles, tuna, Miracle Whip, celery, onion and seasonings.

Blend soup and milk over low heat. Add cheese cut in small pieces and stir until melted.

Put noodle mixture in 8x8" baking dish. Pour soup mixture over and combine. Bake at 400° for 20 minutes or microwave. Serves 4 to 5.

**TERIYAKI HALIBUT**

Peggy Pierson

2 lbs. halibut	2 Tbsps. oil
6 slices canned pineapple	1 tsp. flour
$\frac{1}{4}$ cup soy sauce	$\frac{1}{2}$ cup dry white wine
1 Tbsp. brown sugar	$\frac{1}{2}$ tsp. dry mustard

Combine soy sauce, brown sugar, oil, flour, wine and mustard in small saucepan. Bring to boil, reduce heat and simmer for 3 minutes. Cool.

Marinate fish for 15 minutes in this liquid. Brush pineapple with marinade and place with fish on an oiled broiling pan or place in foil on charcoal briquettes. Broil 5 minutes each side or charcoal 6 to 7 minutes each side.

Remove to warm platter. Spoon any remaining sauce onto fish and fruit.

**CITRUS-MARINATED FISH FILLETS**

Elaine De Boef

1 lb. fresh or frozen fish fillets	2 tsps. honey
$\frac{1}{3}$ cup water	1 Tbsp. cooking oil
$\frac{1}{3}$ cup lime juice	$\frac{1}{2}$ tsp. dried dill weed
	$\frac{1}{4}$ tsp. salt

Thaw fish, if frozen. Separate fillets or cut into 4 serving-sized portions. Place fish in a shallow pan.

For marinade, combine water, lime juice, honey, cooking oil, dried dill weed and salt. Pour marinade over fish portions. Cover and refrigerate for 3 to 24 hours. Turn fish occasionally.

Remove fish from the pan, reserving marinade. Place fish on slightly greased rack of unheated broiler pan.

Broil fish 4 inches from heat until fish flakes easily when tested with fork. (Allow 5 minutes for each  $\frac{1}{2}$ " thickness.) Baste fish often with reserved marinade during broiling.

**\*DILLY FISH**

Joan Schafer

$\frac{1}{2}$ cup low-fat imitation sour cream	1 packet Butter Buds
2 Tbsps. white wine	1 tsp. dill weed
2 Tbsps. fresh lime juice	$1\frac{1}{2}$ lbs fresh fish fillets (1" thick)

Combine all ingredients except fish and mix well. Pour over fish in oblong baking dish. Cover and refrigerate 3 to 4 hours. Cook over grill about 10 minutes on each side, brushing with marinade several times. Serves 6.

## SWEET AND SOUR DUCK

2 or 3 wild ducks, dressed and cut into pieces, breasts cut into at least 2 pieces  
2 Tbsp. shortening

Melt shortening in large heavy skillet and brown all pieces of duck. Remove skillet from stove, leaving duck pieces in skillet or put them in large casserole. Scatter sauerkraut over duck. Combine orange juice concentrate with  $\frac{1}{4}$  cup water and caraway seeds. Pour over sauerkraut. Tightly cover skillet or casserole. Bake at 325° for 1 to 1½ hours or until duck is tender. Serves 4 to 6.

Hilma Schakel

2 cups sauerkraut  
1 (6 oz.) can orange concentrate  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  tsp. caraway seeds

## PHEASANT PIE

1 pheasant (2 to 3 lbs.)  
1 stalk celery  
1 bay leaf  
6 peppercorns  
1 Tbsp. salt  
24 small whole white onions, parboiled  
1 stick margarine  
5 Tbsps. flour

Rinse bird and place in large pot with water to cover. Add celery, bay leaf, peppercorns and 1 Tbsp. salt. Cover and simmer over low heat until bird is tender and meat falls from bone—about 2 hours. Remove meat and set aside. Strain 1 pint of liquid and reserve. Melt butter in a saucepan and blend in the flour. Gradually add the reserved liquid, stirring. Add the cream, salt, pepper. Cook over medium heat, stirring constantly, until thickened. Place meat in large 2 quart casserole and add onions, mushrooms and peas. Pour sauce over all, leaving 1" space at top. Place pastry over casserole. Bake at 450° for 15 to 20 minutes or until crust is golden. Serves 4.

Joan Schafer

1 cup cream  
freshly ground black pepper  
pinch of salt  
 $\frac{1}{4}$  lb. mushrooms, sliced  
2 cups cooked fresh peas, or 1 pkg. frozen, thawed  
1 unbaked pie crust to cover casserole

## QUAIL CHASSEUR

8 quail  
salt and pepper  
flour  
1½ sticks margarine

Rinse and dry quail. Sprinkle inside and out with salt, pepper and flour. Melt margarine in large skillet, add quail. Brown the quail on all sides over medium heat. Add stock, thyme, bay leaf and wine. Cover tightly and simmer over low heat for 30 minutes or until birds are tender. Serve with pan juices poured over quail. Serve with wild rice. Serves 4.

Joan Schafer

3 cups chicken stock  
 $\frac{1}{4}$  tsp. dried thyme  
1 bay leaf  
 $\frac{3}{4}$  cup dry white wine

## **PTARMIGAN IN CREAM**

**Joan Schafer**

3 ptarmigans or grouse, dressed  
salt and pepper  
6 strips bacon  
 $\frac{1}{2}$  stick margarine

3 pints light cream  
3 Tbsps. red currant jelly or wild  
plum jelly

Wipe birds inside and out with paper towels. Sprinkle cavities lightly with salt and pepper. Tie 2 strips of bacon over each breast using light butcher's cord. Melt butter in large heavy skillet and brown the birds on all sides. Transfer to large ovenproof casserole and pour in the cream. Cover and bake at 350° for about 1½ hours or until birds are tender. Lift out birds, split each in half and lay on heated platter.

Strain the pan gravy into a saucepan. Over high heat stir in the jelly until thoroughly melted—do not boil. Pour over birds and serve at once. Serves 3 to 4.

## **RABBIT IN MUSTARD SAUCE**

**Joan Schafer**

2 small rabbits, disjointed,  
cut into pieces  
flour  
salt and pepper  
pinch nutmeg  
1 stick margarine  
1 Tbsp. oil  
4 slices very lean bacon,  
chopped fine  
6 green onions (tops removed),  
chopped fine

1 clove garlic, minced  
1 Tbsp. chopped fresh parsley  
1 bay leaf, crumbled  
 $\frac{1}{4}$  tsp. thyme  
 $\frac{1}{2}$  cup white wine  
 $\frac{1}{2}$  cup water  
2 egg yolks, slightly beaten  
 $\frac{1}{2}$  pint heavy cream  
(I use PolyRich)  
2 Tbsps. sweet prepared mustard

Wipe and dry meat. Dust each piece with flour and sprinkle with salt, pepper and nutmeg. Melt butter and oil in a Dutch oven or large, heavy skillet and add bacon. Brown meat over medium heat. Then add onions, garlic, parsley, bay leaf and thyme. Pour the wine and water over all. Cover and simmer until meat is tender, about 45 minutes to an hour. Transfer meat to heated serving dish and keep warm.

Skim excess fat from pot and strain remaining juices (forcing through sieve with back of spoon) into saucepan. Stir the egg yolks and mustard into the cream. Add to the strained sauce and cook, stirring, over low heat until heated through. Pour over meat. Served with buttered noodles. Serves 4 to 6.

## BAKED RABBIT

2 small rabbits, cut into pieces  
2 eggs, lightly beaten  
1 cup dry bread crumbs  
2 Tbsps. margarine

2 Tbsps. peanut oil  
1 pint chicken stock  
2 medium onions, each stuck  
with a clove

Dip rabbit pieces in egg, then coat with bread crumbs. Heat butter and oil in large skillet and brown the meat on all sides. Transfer skillet contents to shallow roasting pan and pour in enough stock to nearly cover meat. Add onions and bake at 350° for about an hour or until meat is tender. Serves 4 to 6.

Joan Schafer

## SQUIRREL FRICASSEE

1 large squirrel, disjointed,  
cut-up\*  
½ cup flour  
½ tsp. salt  
¼ tsp. pepper

4 slices fatty bacon, chopped fine  
1 onion, chopped fine  
2 tsps. lemon juice  
1 large apple, cored and diced  
1½ cups chicken stock

\*Before continuing recipe, place squirrel in crockpot on low for 3 hours. While still hot add 3 heaping tablespoons of soda and cover and let stand for 10 minutes, then rinse. This takes all wild taste from meat.

Mix together flour, salt and pepper. Roll meat in mixture and coat evenly. In a large, heavy skillet, slowly fry the bacon. Remove bacon and reserve. Turn up heat and brown the meat in the bacon fat. Sprinkle with onion and lemon juice. Return bacon to pan and add apple and stock and simmer for 1½ to 2 hours over low heat or until meat is tender. Serve hot in a casserole with gravy made from pan juices. Serves 2 to 4.

Joan Schafer

## Joan Ryerson's ENCHILADA CASSEROLE

1 large onion, chopped  
1 to 1½ lbs. ground beef  
1 can tomato paste  
1 cup water  
1 large can enchilada sauce

(Dat Is Lekker Kookbook,  
a favorite of Ilda Van Zee)

12 corn tortillas  
1 lb. grated cheese  
1 large can ripe olives, sliced  
1 can chili and beans

Brown onion and ground beef. Combine tomato paste, water and enchilada sauce. Add to meat mixture and bring to a boil. Place a layer of ¼ meat mixture in a 2-quart greased casserole. Cover with 3 tortillas. Cover tortillas with ¼ of the cheese and olives. Alternate remaining ingredients in layers making 4 layers of each. Pour on chili and beans before adding top layer of cheese and olives. Bake at 325° for 1 hour. Serves 6.

### TASTY TACO PIE

1 lb. ground beef  
1 (16 oz.) can tomato sauce  
1 pkg. taco seasoning  
1 (8 oz.) can crescent rolls

Preheat oven to 375°. Brown meat and stir in tomato sauce and seasoning mix. Simmer for 5 minutes.

Unroll dough and press on bottom of ungreased 12-inch pizza pan. Prick bottom and sides with fork. Bake 10 to 12 minutes or until golden brown.

Cover crust with meat mixture and top with cheese. Continue baking until cheese melts. Top with remaining ingredients.

Tawnya Staton

½ lb. Velveeta Mexican cheese  
1 cup lettuce  
½ cup chopped tomato

### PIZZA CASSEROLE

1½ lbs. ground beef  
1 onion, chopped fine  
salt and pepper to season  
1 (16 oz.) can spaghetti sauce

1 cup sour cream  
2 cups grated mozzarella cheese  
tater tots

Brown ground beef with chopped onion. Season with salt and pepper. Drain. Add spaghetti sauce and mix well. Transfer to baking dish. Add sour cream to grated cheese. Put on top of meat-spaghetti sauce mixture. Cover top with tater tots. Bake at 350° for 35 minutes. Serves 8 to 10.

Greta Goldsworthy  
Cresco, Iowa

### EASY-DOES-IT PIZZA CASSEROLE

1 lb. ground pork  
½ cup chopped onion  
6 oz. (1½ cups) elbow macaroni  
1 (8 oz.) can tomato sauce  
1 (8 oz.) carton cottage cheese  
4 oz. (1 cup) shredded mozzarella cheese

1 (4 oz.) pkg. sliced pepperoni or Canadian bacon, cut in pieces (optional)  
1 tsp. basil leaves  
½ tsp. oregano leaves  
1 Tbsp. grated parmesan cheese

Heat oven to 350°. In a large skillet, brown ground pork and onion until the ground pork is no longer pink; drain. Cook macaroni to desired doneness as directed on package; drain. In a 2-quart casserole, combine all ingredients except parmesan cheese, blend well. Sprinkle parmesan cheese on top. Cover and bake at 350° for 30 to 35 minutes or until thoroughly heated. Serves 6.

Wilma Roorda

## SPAGHETTI BAKE

Sandi Hall  
Des Moines, Iowa

½ lb. spaghetti  
2 lbs. ground beef  
½ cup chopped onion  
1 tsp. salt

1 can cream of mushroom soup  
2 cans tomato soup  
2 cups milk  
2 cups shredded cheddar cheese

Break spaghetti into 3" lengths. Cook and drain. Cook meat and onion and drain on paper towels. Put meat into large bowl and sprinkle with salt. Gradually stir in soups, milk and 1 cup cheese. Add spaghetti. Pour into 9x13" pan. Sprinkle with remaining cheese. Bake at 350° for 45 minutes.

Note: This can be divided into 2 smaller casserole dishes. Bake only 30 minutes. Freezes well. Serves 6 to 8.

## Elva Roorda's SPAGHETTI SAUCE

1 lb. hamburger  
1 (6 oz.) can tomato paste  
¼ tsp. crushed red pepper  
½ tsp. ground whole pepper  
2 bay leaves

**(Dat Is Lekker Kookbook,  
a favorite of Ilda Van Zee)**

1 (8 oz.) can tomato sauce  
1 sauce can of water  
¼ tsp. garlic salt  
1 Tbsp. minced onion

Brown hamburger with a little salt and pepper. Mix sauces, water and spices. Simmer 30 minutes.

## LASAGNA

9 strips of lasagna noodles,  
uncooked  
1 (32 oz.) jar spaghetti sauce  
1 lb. hamburger  
1 (15 oz.) carton drained cottage  
cheese or ricotta cheese

## Harriet Heusinkveld

1 (12 oz.) pkg. grated mozzarella  
cheese  
1 cup or more water (V-8 juice  
may be substituted for part of  
the liquid)

In a greased 9x13" pan, place a small amount of spaghetti sauce. Layer lasagna noodles, hamburger, spaghetti sauce, cottage cheese and mozzarella cheese in 3 layers. Add water. Bake at 375° for 30 minutes, covered. Remove cover and bake an additional 30 minutes. Let stand 10 minutes before serving.

## MEXICAN LASAGNA

1½ lbs. ground beef  
1½ tsps. ground cumin  
1 Tbsp. chili powder  
¼ tsp. garlic powder  
¼ tsp. red pepper  
1 tsp. salt  
1 tsp. pepper  
1 (15 oz.) can tomato sauce  
10 to 12 corn tortillas  
1 egg

Brown ground beef and drain. Add all the spices and tomato sauce, heat thoroughly. Cover bottom and sides of 9x13x2" baking dish with tortillas. Pour beef mixture over tortillas; place a layer of tortillas over meat mixture. Combine egg, cottage cheese and Monterey Jack cheese; pour over tortillas. Bake at 350° for 30 to 35 minutes. Remove from oven; sprinkle rows of cheddar cheese, lettuce, tomatoes, green onions and olives diagonally across center of casserole.

## Kay De Cook

2 cups small curd cottage cheese, drained  
1½ cups grated Monterey Jack cheese  
½ cup grated cheddar cheese  
2 cups shredded lettuce  
½ cup chopped tomatoes  
3 green onions, chopped  
¼ cup sliced black olives (optional)

## LASAGNA

Martha Wilkins  
Aurora, Colorado

1¼ lbs. lean ground beef (more or less)  
1 small onion, chopped  
1 tsp. basil  
1 tsp. oregano  
⅛ tsp. pepper  
¾ tsp. salt (or less)

2 (15 oz.) cans tomato sauce (more or less)  
small container cottage cheese (optional)  
1 (12 oz.) pkg. grated mozzarella cheese  
grated parmesan cheese

Brown ground beef and drain off fat. Add onion, seasonings and tomato sauce and simmer a bit.

In an 8x10" baking dish, assemble in layers: ⅓ of the sauce, a layer of uncooked lasagna noodles, all of the cottage cheese, ⅓ of the sauce, ½ of the mozzarella cheese, a sprinkle of parmesan, another layer of noodles, rest of sauce, rest of the mozzarella cheese, and the parmesan cheese. Cover with a plastic wrap. Put in refrigerator overnight or freeze at this point.

Bake at 350° for about an hour. If in the freezer, take out some time before or otherwise bake it longer.

Can divide this into two smaller casseroles.

## LASAGNA

Tawnya Staton

1½ lbs. ground beef  
1 (28 oz.) can tomatoes  
1 (8 oz.) can tomato sauce  
2 envelopes spaghetti mix  
8 ozs. lasagna noodles (10 noodles)

1 (8 oz.) pkg. mozzarella cheese,  
thinly sliced  
1 cup cream-style small curd  
cottage cheese

Brown meat slowly and spoon off excess fat. Add tomatoes, tomato sauce and spaghetti mix, cover and simmer for 40 minutes stirring occasionally. Add salt to taste.

Cook noodles in boiling, salted water until tender. Drain and rinse in cold water.

Place ½ the noodles in 8x11x2" baking dish. Cover with ¼ sauce, add ½ mozzarella cheese and ½ cottage cheese. Repeat layers. Bake at 350° for 25 to 30 minutes. Let stand 15 minutes.

## LASAGNA CORDON BLUE

8 oz. lasagna noodles  
¼ cup butter  
⅓ cup flour  
⅛ tsp. garlic powder  
1 Tbsp. dried onion  
⅛ tsp. pepper  
2 cups chicken broth  
1 cup milk

## Connie Blommers

1 cup grated parmesan cheese  
1 (3 oz.) can mushrooms, drained  
1 (10 oz.) pkg. frozen cut asparagus  
(or broccoli or green beans)  
2 cups cooked chicken or turkey  
1 (5 oz.) pkg. sliced or shredded  
mozzarella cheese  
1 (6 oz.) pkg. thinly sliced ham

Cook lasagna noodles according to package directions. Melt butter in saucepan and blend in the flour, garlic powder, onion and pepper. Add chicken broth and milk, cook and stir until bubbly. Stir in ½ cup parmesan cheese and mushrooms.

In 9x13" pan, layer ½ the noodles, asparagus, chicken or turkey, mozzarella cheese, ⅓ of the milk mixture, ham, remaining noodles, and then remaining milk mixture. Sprinkle with ½ parmesan cheese. Bake at 350° for 35 minutes. Let stand 10 minutes before cutting. Can be prepared in advance and refrigerated.

## BAKED CHOW MEIN

1 lb. ground beef, broken up  
½ cup chopped onion  
1 cup chopped celery  
1 cup long grain rice  
2½ cups water  
1 can mushroom soup  
½ cup milk

Break up beef. Cook beef, onion and celery until onions are transparent and celery is soft. Drain if there is too much fat. Cook the rice in water until tender and water is absorbed.

Put the meat mixture in a large bowl and add soup, milk, mushrooms, water chestnuts and soy sauce. Add rice and mix thoroughly.

Bake in large casserole or several small ones. Cover with buttered bread crumbs. Sliced almonds may be added to topping. Bake at 350° until hot and bubbly.

## Mrs. R.S. Grundman's CHOP SUEY

**(Dutch Treats, a favorite of Ilda Van Zee)**

2 lbs. pork  
2 lbs. veal  
6 large onions, chopped  
2 bunches celery, chopped  
1 can tomato soup  
4 Tbsps. flour

1 or 2 cans bean sprouts  
1 can Chinese vegetables  
1 can mushrooms  
1 Tbsp. Chinese bead molasses  
3 Tbsps. soy sauce

Cut pork and veal into ½" cubes and brown. Cook onions and celery in small amount of water until tender. Add soup mixed with flour, and add meat and rest of ingredients. Put all into a baker and bake ¾ to 1 hour at 325° to 350° without much stirring.

Beef may be substituted for veal or chicken used entirely. Serve on rice or Chinese noodles. Serves 20 to 25.

## PASTA PRIMAVERA

8 ozs. fresh asparagus  
4 ozs. fresh snow peas  
2 Tbsps. olive oil  
½ cup minced onion  
1 yellow squash, sliced thin  
2 plum tomatoes, diced

Cut asparagus into 1½" pieces; cook in saucepan of boiling water for 1 minute. Remove. Add snow peas to boiling water; cook 30 seconds. Rinse asparagus and snow peas under cold water; drain. Heat olive oil in skillet over medium-high heat. Add onion and squash; cook 2 minutes. Add asparagus, snow peas and tomatoes; cook 2 minutes. Add cream; bring to boil, reduce heat and simmer for 2 minutes. Season with salt and pepper. Toss with cooked spaghetti or angel hair and parmesan cheese.

(For special occasions, we add shrimp.)

## Art and Diane Alt

1 cup heavy cream  
½ tsp. salt  
½ tsp. pepper  
spaghetti or angel hair  
½ cup grated parmesan cheese

### Mrs. R.S. Grundman's WOODCHUCK

½ cup butter or margarine  
3 Tbsps. flour  
2 cups milk  
½ tsp. salt  
½ (10½ oz.) can tomato soup

Make a white sauce of the first 4 ingredients. Add soup and grated cheese. Stir sauce until smooth. Add mushrooms, green pepper and eggs. Heat through. Serve on Chinese noodles. Makes 10 generous servings.

**(Dutch Treats, a favorite of Mina Baker-Roelofs)**

½ lb. processed American cheese, grated  
1 cup mushrooms  
1 green pepper, chopped  
8 hard-cooked eggs, cut in eighths

### HASH BROWN-HAM QUICHE

3 cups loose-pack frozen hash brown potatoes, thawed  
½ cup butter, melted  
4 ozs. hot pepper cheese, shredded  
6 ozs. (1 cup) diced cooked ham

Press hash browns between paper towels to remove moisture. Press potatoes onto bottom and up sides of a 9-inch pie plate to form a crust. Drizzle melted butter over crust. Bake at 425° for 25 minutes. Remove from oven. Reduce oven temperature to 350°. Toss ham and cheeses together and place in crust. Beat cream with eggs and seasoning salt. Pour over ham and cheese. Bake, uncovered, at 350° for 25 to 30 minutes, or until knife inserted near center comes out clean. Let stand for 10 minutes before serving. Serves 6.

### Mary Jane Banfield

4 ozs. gouda or Swiss cheese, shredded  
½ cup light cream  
2 eggs  
¼ tsp. seasoning salt

### HASH BROWN-TURKEY QUICHE

1 lb. frozen hash browns, thawed  
½ cup melted oleo  
½ lb. ground turkey  
½ cup chopped onion  
½ cup milk

2 eggs, beaten  
1 Tbsp. cornstarch  
½ lb. cheese  
1 tsp. worcestershire sauce  
salt and pepper

Press potatoes in 9-inch pie plate, brushed with melted butter. Bake for 10 minutes while browning meat and onion, drain. Combine milk, egg and cornstarch and stir into meat. Add cheese, salt and pepper and worcester-shire sauce. Pour over hash brown crust. Bake at 350° for 35 minutes.

### Tawnya Staton

### QUICK NO PASTRY QUICHE

4 eggs  
1 cup whipping cream  
2 Tbsps. flour  
salt and pepper to taste

1 small can of boneless, skinless salmon, drained (or use 1 cup cooked ham or other meat)  
1 cup grated cheddar cheese

Beat eggs, cream, flour, salt and pepper until well mixed. Stir in salmon (or desired meat), cheese and place in well-greased (use cooking spray) pie plate. Bake at 400° for 15 minutes; then reduce heat to 350° for approximately 15 to 20 minutes or more.

### Kathy Blom

## **CRISPY POTATO QUICHE**

**Joan Klyn**

1 (24 oz.) pkg. frozen shredded hash brown potatoes, thawed	1 cup diced, cooked ham
$\frac{1}{3}$ cup melted butter or margarine	$\frac{3}{4}$ cup half and half
1 cup shredded hot pepper cheese	3 eggs
1 cup shredded Swiss cheese	2 Tbsps. chopped green onions

Press thawed hash browns between paper towels to remove moisture. Press hash browns onto sides and bottom of greased 10" pie pan, forming a crust and raised edge. Brush crust with melted butter or margarine, making certain to brush top edges.

Bake at 425° for 25 minutes. Remove from oven. Sprinkle cheese, ham and onion over bottom of crust. Beat half and half, eggs and salt and pour over cheese and ham. Bake uncovered at 350° for 30 to 40 minutes or until knife inserted in center comes out clean. Serves 6.

## **MACARONI AU GRATIN**

**Eleanor Peterson  
Shenandoah, Iowa**

1 (8 oz.) pkg. macaroni	salt and pepper
1 can cream of celery soup	$\frac{1}{4}$ cup finely crushed cracker
1 cup evaporated milk	crumbs
1½ cups grated cheese	2 Tbsps. butter
1 tsp. mustard	

Cook macaroni and drain. Mix other ingredients and pour into baking dish. Sprinkle cracker crumbs on top and bake for 30 minutes.

## **WILD RICE HOT DISH**

**Maxine Huffman**

1 cup uncooked wild rice (rinse)	1 can cream of celery soup
$\frac{1}{2}$ cup brown rice	1 (4 oz.) can mushrooms
1 small onion	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup celery	$\frac{1}{4}$ cup margarine, melted
1½ lbs. ground beef	salt to taste
1 can cream of mushroom soup	

Cook together wild rice, brown rice and salt until done. Chop onion and celery; set aside. Fry ground beef. Put in large casserole with other ingredients. Add the soups and mushrooms, celery and onion. Make crumb mixture with margarine. Put half of this in hot dish mixture and the other half on top. Bake at 350° for 2 hours. Serves 8.

**ZUCCHINI-GROUND BEEF CASSEROLE****Mary Jane Banfield**

1 (8 oz.) pkg. medium noodles	$\frac{1}{4}$ cup onion, chopped
1 lb. ground beef	2 (8 oz.) cans pizza sauce
2 cups cubed zucchini	$\frac{1}{4}$ cup sliced, stuffed green olives
1 (4 oz.) can mushrooms, drain and save liquid	2 cups shredded cheddar cheese
	$\frac{1}{2}$ cup parmesan cheese

Cook noodles. Brown meat and drain. Mix noodles, meat, zucchini, mushrooms, onion, one can pizza sauce, olives and 1½ cups cheddar cheese. Place in large casserole. Mix remaining can of pizza sauce and liquid from mushrooms. Pour over meat and noodle mixture. Sprinkle remaining ½ cup cheddar cheese and all of parmesan cheese on top. Bake at 375° for 20 to 25 minutes.

**ZUCCHINI-CHICKEN CASSEROLE****Joan Schafer**

2 chicken breasts, pre-cooked and cut into chunks	1 (8 oz.) carton sour cream
3 cups diced, unpeeled zucchini	$\frac{1}{4}$ tsp. garlic powder
1 diced onion	1 pkg. chicken flavor stuffing mix
$\frac{1}{2}$ cup shredded carrots	$\frac{1}{4}$ cup margarine
1 can cream of chicken soup	$\frac{1}{2}$ cup grated cheddar cheese

Combine zucchini and onion in medium saucepan, add water to cover and bring to boil. Boil 5 minutes; drain and cool. Combine chicken, carrots, soup, sour cream and garlic in large bowl. Add zucchini mixture; mix well. Spread in buttered 9x13" baking dish.

To prepare topping, melt butter in skillet, add stuffing and seasoning packet and toss well. Sprinkle stuffing mixture over casserole. Top with cheese, if desired. Bake at 350° for 1 hour. Serves 4 to 5.

**SAUERKRAUT CASSEROLE****Regina Ungemach  
Kenosha, Wisconsin**

12 slices bacon	$\frac{1}{3}$ cup sugar
1 onion, chopped	1 can tomatoes
2 Tbsp. flour	1 can sauerkraut
$\frac{1}{2}$ tsp. worcestershire sauce	salt and pepper

Fry bacon until crisp. Drain off most of the fat. Crumble bacon. Cook onion until transparent. Add rest of ingredients. Bake at 350° for 45 to 60 minutes in a 1½ quart casserole.

## FRANKFURTER AND POTATO SALAD CASSEROLE

Grace Moore  
Perry, Iowa

4 frankfurters	1/3 cup salad oil
4 cups thinly sliced, cooked potatoes	3 Tbsps. vinegar
1 1/2 tsps. salt	1 1/2 cups canned or cooked green beans
dash of pepper	1/4 cup thinly sliced onions

Place franks in boiling water to cover for 7 to 8 minutes. Drain. Combine potatoes, salt, pepper, oil and vinegar.

Arrange green beans in bottom of 1 1/2 quart casserole. Over these arrange potato salad in alternate layers with onions and sliced franks. Cover. Bake at 400° for 35 to 40 minutes. Serves 4.

## PINEAPPLE CASSEROLE

Diane Iverson

2 large eggs, slightly beaten	2 1/2 cups (large can) crushed pineapple
3/4 cup sugar	6 Tbsps. butter, melted
1 Tbsp. flour	5 slices white bread, cubed
1/2 tsp. salt	

Mix the eggs, sugar, flour, salt and pineapple and pour into a 2 1/2-quart casserole. Mix the butter and bread and put on top of first mixture.

Bake at 350° for 40 minutes. Serve with ham or lamb. Serves 8.

## NEVER FAIL DUMPLINGS

Polly Rietveld

2 1/4 cups flour	2 eggs, well beaten
2 tsps. baking powder	1 cup milk
1/4 tsp. salt	chicken gravy or beef broth

Sift flour, baking powder and salt and stir in eggs and milk. Mix well. Drop from tablespoon into boiling chicken gravy or beef broth.

If chicken gravy is used, put in oven and boil for a strong 20 minutes; if beef broth, boil 15 minutes on top of stove and keep covered.

## BUBBLE PIZZA

Dorothy K. Bosch

2 tubes biscuits, quartered	mozzarella cheese
1 can or jar pizza sauce	cheddar cheese
1 lb. hamburger, browned	

Put quartered biscuits in 9x13" pan. Mix pizza sauce and hamburger. Pour over biscuits. Bake at 325° for 20 minutes. Top with mozzarella and cheddar cheese. Bake 10 minutes more. Let stand 5 minutes.

## **PEPPERONI BREAD ROLL**

2 loaves frozen bread dough  
2 eggs, beaten  
 $\frac{1}{4}$  cup parmesan cheese

2 tsps. oregano  
provalone cheese  
pepperoni

Thaw bread dough and let rise. Roll out into 2 rectangles.

Combine eggs, parmesan cheese and oregano. Spread half of the mixture on each rectangle (reserve a little to brush on top). Layer a row of Provalone cheese down center and  $1\frac{1}{2}$  rows pepperoni on cheese. Roll lengthwise. Pinch seam together and place on greased cookie sheet. Bake at  $350^{\circ}$  for 20 minutes. Makes 2 loaves.

**Glenda Duven**

## **JAMBALAYA**

1 lb. Italian sausage or kielbasa  
1 lb. cubed, smoked ham  
1 lb. cubed chicken, raw or cooked  
2 cloves minced garlic  
2 cups green pepper, finely chopped  
1 cup celery, finely chopped  
2 cups onion, finely chopped  
1 (28 oz.) can crushed tomatoes  
1 cup tomato puree

1 bay leaf  
 $\frac{3}{4}$  tsp. thyme  
1 tsp. oregano  
 $\frac{1}{2}$  tsp. basil  
1 tsp. white pepper  
 $\frac{3}{4}$  tsp. black pepper  
 $1\frac{1}{2}$  tsps. cayenne (start with less, add to taste)  
1 lb. shelled shrimp  
cooked rice

Brown sausage or kielbasa and drain juices. Add ham and chicken. In the same or another pot cook garlic, green pepper, celery and onion until tender. Combine with rest of ingredients except for shrimp. Simmer for 1 hour. Ten minutes before serving add shelled shrimp. Heat through and serve over rice.

**Joana White**  
**New Brunswick, New Jersey**

## **AMISH DRESSING**

4 eggs  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{2}$  tsp. sage  
 $\frac{1}{2}$  tsp. thyme  
 $3\frac{1}{2}$  to 4 cups milk

1 loaf bread, toasted and diced  
1 onion, chopped fine  
3 stalks celery, chopped fine  
 $\frac{3}{4}$  cup diced potatoes  
 $\frac{1}{2}$  cup diced, cooked carrots  
2 cups diced, cooked chicken

Beat eggs. Add salt, pepper, sage and thyme. Mix. Add 2 cups milk, onion, celery, potatoes, carrots and chicken. Mix in bread crumbs and enough milk to moisten well. (Chicken stock can be substituted for milk.) Bake in well-greased casserole at  $350^{\circ}$  until brown and firm.

**Joan Schafer**

## SUMMER SAUSAGE

5 lbs. ground beef  
5 Tbsps. Morton's Tender Quick  
salt  
 $2\frac{1}{2}$  tsps. mustard seed

**Val Van Kooten**

$2\frac{1}{2}$  tsps. coarse ground pepper  
 $2\frac{1}{2}$  tsps. garlic salt  
1 tsp. hickory smoked salt

Mix well each day for 3 days. Refrigerate. On 4th day, separate into 5 long rolls. Bake on broiler pan at  $140^{\circ}$  for 8 hours, turning every 2 hours. Wrap in foil. (Use inexpensive ground beef.)

# SOUPS AND SANDWICHES

Edited by Shirely Weller

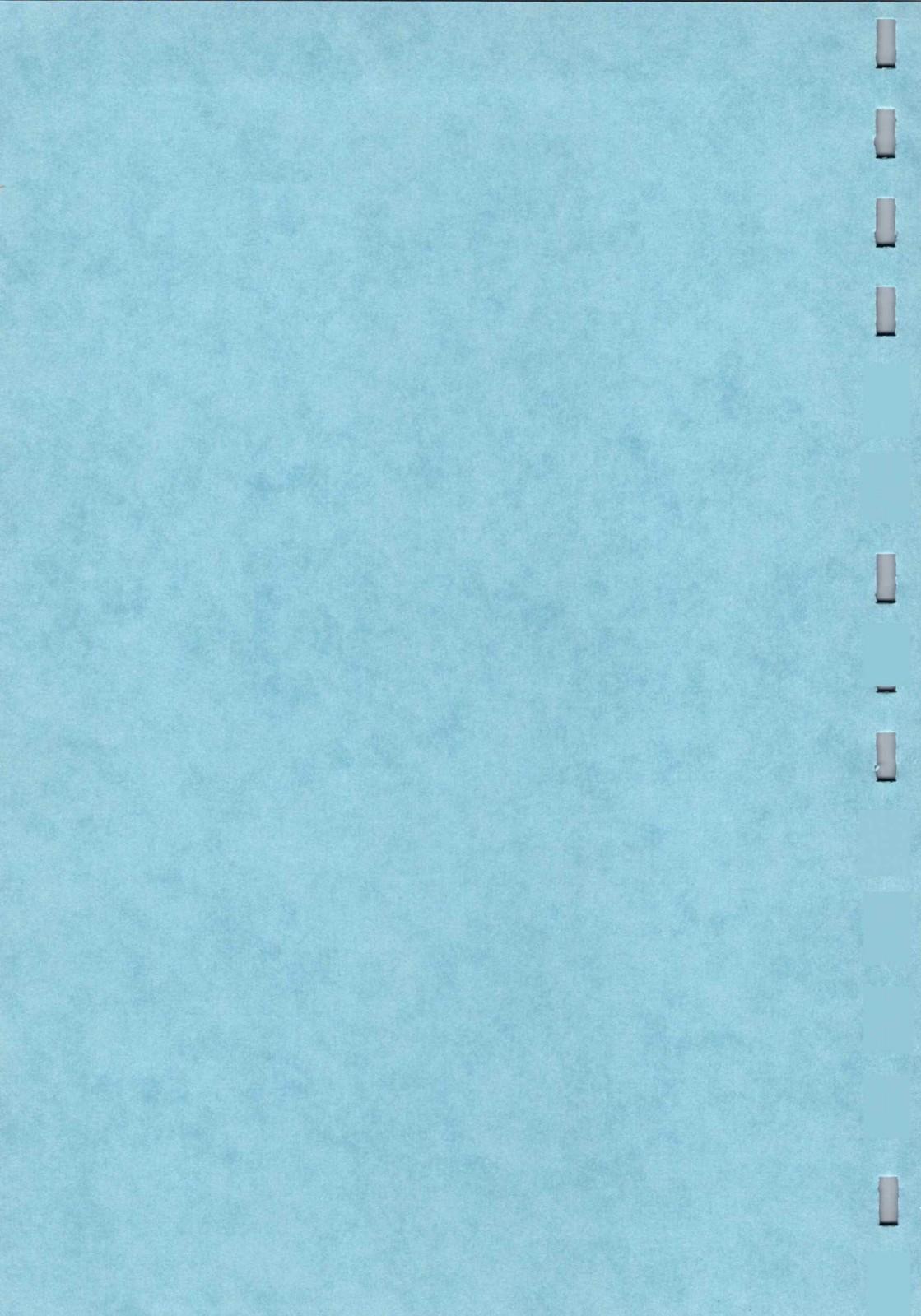


## CENTRAL COLLEGE • 1854 • PELLA

### CENTRAL COLLEGE — 1854

*Central College officially opened in this two-story brick building on Oct. 8, 1854, with an enrollment of thirty-seven students. Two years later the college moved to its present location on property donated by Dominie Scholte, the leader of the original Dutch colony.*





## **BARBECUE BEEF FOR SANDWICHES**

**Shary Branderhorst  
Monroe, Iowa**

4-5 lb. beef roast  
2 1/4 cups catsup  
1 1/2 Tbsps. Worcestershire sauce  
1 cup sugar  
4 drops garlic oil or 1/2 tsp.  
garlic powder  
2 Tbsps. minced onion

3/4 tsp. chili powder  
1/2 cup white vinegar  
2 cups water  
1 cup salt pork liquid (drippings  
from 4-5 slices of bacon plus  
water to make one cup, cut bacon  
into pieces and use in liquid)

Roast beef until tender. Shred beef and put in crockpot or heavy  
saucepan, add remaining ingredients. Simmer until mixture is hot. Serve  
on buns.

## **CHICKEN-TUNA SANDWICH SPREAD**

**Helen Vander Wilt**

1 (6 1/2 oz.) tuna, canned  
4 tsps. vinegar  
5 Tbsps. sugar  
2 Tbsps. pickle relish

1/2 cup celery, chopped  
1 (6 1/2 oz.) can chicken or 3/4 cup  
cooked chicken  
6 Tbsps. mayonnaise

Mix all ingredients together and spread on bread or buns. Serves 12.

## **TUNA CHEESE SPREAD**

**Mary Jane Banfield**

2 cups grated Swiss cheese  
7 oz. can tuna, drained  
1/3 cup chopped pickle relish

2 Tbsps. chopped pimiento  
1 Tbsp. minced onion  
3/4 cup mayonnaise

Combine all ingredients. Mix well. Spread on bread or rolls to make  
sandwiches.

## **TUNA OR CHICKEN BURGERS**

**Mary Jane Banfield**

1 can (7 oz.) tuna, flaked or  
1 cup cut-up cooked chicken  
1 cup chopped celery  
1 small onion, minced

1/2 cup diced cheddar cheese  
1/4 cup mayonnaise  
salt and pepper to taste  
6 hamburger buns (usually fills 8)

Mix filling ingredients. Fill buttered buns with mixture. Place in  
aluminum foil and wrap individually. Refrigerate. Just before serving, heat  
at 350° for 15-20 minutes.

## **Mrs. John Scholten's CORNED BEEF BUNS**

**(Dat is Lekker Kookboek,  
a favorite of Ilde Van Zee**

1 can corned beef  
1/4 cup dried onion soup mix

1 carton sour cream  
1 Tbsp. salad dressing

Mix all together and spread on buns and wrap in foil. Heat in 325° oven  
for 20 minutes. Makes 1 1/2 dozen.

## **BARBECUE PITAS**

¾ lb. thinly sliced beef or pork from the deli, cut in ½-inch strips  
⅔ cup barbecue sauce  
4 thin slices smoked cheddar, Swiss, or Monterey Jack cheese with jalapeno peppers from the deli, cut in half

In a medium saucepan, combine meat and barbecue sauce. Cook, covered, over medium heat until heated through, stirring occasionally.

Place a cheese slice half inside each pita bread half. Spoon about ¼ cup of the meat mixture into each pita bread half. Add desired toppings. Serves 4.

## **PIZZA SANDWICHES**

2 lbs. ground beef  
½ cup onion, chopped  
½ tsp. oregano  
¼ tsp. garlic salt  
½ cup vegetable oil

Brown ground beef and onions together, drain. Add to drained beef and onions, oregano, garlic salt, vegetable oil, cubed Velveeta cheese, Mozzarella cheese and tomato soup. Place mixture on rusk buns and broil until cheese is melted. Serves 12-16.

## **LASAGNA IN A BUN**

8 hoagie buns  
¾ lb. ground beef  
1 (8 oz.) can tomato sauce  
½ of a 1½-ounce envelope dry onion soup mix (¼ cup)  
¼ tsp. dried oregano, crushed

Cut thin slice off tops of buns. Hollow out centers, leaving ½-inch thick shells; set aside. Reserve bread crumbs for another use.

In a skillet cook beef until brown; drain off fat. Add tomato sauce, soup mix, and herbs. Cook, covered, over low heat 5 minutes. Uncover; cook 5 minutes more or until of desired consistency, stirring frequently.

Meanwhile, in a bowl combine egg, ricotta or cottage cheese, and ½ cup of the mozzarella cheese. Spoon half the meat mixture into bottom of rolls. Top with cheese mixture, then remaining meat mixture. Top with remaining mozzarella cheese. Replace bun tops.

Wrap sandwiches individually in foil. Bake in a 400° oven 20 to 25 minutes or until hot. Makes 8 servings.

## **Mary Jane Banfield**

4 large pita bread rounds, split crosswise to form pockets  
Toppers such as alfalfa sprouts, tomato slices and/or sliced dill pickles (optional)

## **Pamela Simmons Vande Voort**

½ lb. Velveeta cheese, cubed  
8 oz. Mozzarella cheese  
1 can tomato soup  
8 rusk buns

## **Mary Jane Banfield**

¼ tsp. dried basil, crushed  
1 beaten egg  
¾ cup ricotta or cream-style cottage cheese, drained  
1 cup shredded mozzarella cheese (4 ounces)

## **SHRIMP BURGERS**

4 hamburger buns, split  
2 Tbsps. margarine, melted  
1 cup mayonnaise  
3 Tbsps. chopped green pepper  
1 Tbsp. chopped onion  
1 Tbsp. Worcestershire sauce

Open buns and dip in melted butter. Mix together mayonnaise, green pepper, onion, Worcestershire, mustard, lemon juice, cheese and shrimp. Spoon on buns. Broil 6 inches from heat for 6 minutes or until cheese melts and bubbles. Makes 4 servings.

**Maxine F. Huffman**

1 tsp. dry mustard  
1 Tbsp. lemon juice  
 $\frac{1}{4}$  lb. grated cheddar cheese  
2 (4 $\frac{1}{2}$  oz.) cans shrimp, drained  
and washed

## **SANDWICH SPREAD**

1 $\frac{1}{2}$  cup potato chips, crushed  
1 cup carrots, shredded  
 $\frac{1}{2}$  cup celery, diced  
 $\frac{1}{4}$  cup mayonnaise

**Viola Van Wyk**  
 $\frac{1}{2}$  cup peanut butter  
4 lettuce leaves  
8 slices bread  
butter & mayonnaise for spreading

Mix together potato chips, carrots, celery and mayonnaise. Spread 4 slices bread with peanut butter, spread mixture over each slice, add lettuce leaf. Spread 4 remaining bread slices with mayonnaise and butter. Place slices together. Cut into four servings per slice of bread.

## **SLOPPY JOES**

1 lb. hamburger  
 $\frac{1}{2}$  cup catsup  
 $\frac{1}{4}$  tsp. chili powder  
1 tsp. yellow mustard

**Milly Vande Kieft**

$\frac{1}{2}$  cup water  
salt and pepper  
1 tsp. onion flakes (optional)

Cook all ingredients together in saucepan; may add 1 tsp. onion flakes. Simmer 1 hour. Serves 8.

## **REUBEN MELTS**

4 slices rye bread  
 $\frac{1}{4}$  cup Thousand Island dressing  
1 cup drained sauerkraut  
8 slices chicken breast

**Mary Jane Banfield**

8 slices corned beef  
1 medium tomato, sliced  
4 slices Swiss cheese  
4 slices provolone cheese

Spread bread with dressing. Top with kraut, chicken, corned beef and tomato. Arrange cheeses over tomato so that tomato is completely covered. Broil 3 inches from heat source about 5 minutes or until cheese is melted.

## **REUBEN CLUB SANDWICH**

1½ cups drained sauerkraut  
1 Tbsp. finely chopped scallions  
1 tsp. finely chopped dill  
¼ cup thinly sliced mushrooms  
Thousand Island dressing  
12 slices rye bread

Toss kraut with scallions, dill and mushrooms. Spread 4 slices of bread with dressing; top with romaine leaves, tomato, chicken, corned beef and 4 slices of bread. Spread bread with dressing. Top with corned beef and cheese. Spoon kraut mixture over cheese. Top with remaining bread slices. Makes 4 servings.

**Mary Jane Banfield**

8 romaine leaves  
1 medium tomato, thinly sliced  
8 chicken breast slices  
8 corned beef slices  
8 slices Swiss cheese

## **\*TURKEY WALDORF SALAD**

1 cup cooked turkey, cut into  
½-inch cubes  
2 cups celery, diced  
1 small red delicious apple,  
cored and cut into small cubes  
2 Tbsps. walnuts, chopped  
1 Tbsp. reduced-calorie mayonnaise

In medium-size bowl combine turkey, celery, apple, walnuts, mayonnaise, yogurt, nutmeg and cinnamon. Cover and refrigerate at least 1 hour or overnight to allow flavors to blend.

To serve arrange a lettuce leaf on a bread slice. Spoon ¾ cup turkey mixture over lettuce leaf and top with another bread slice. Repeat with remaining ingredients. Serves 4.

**Lorna De Geus  
Otley, Iowa**

1 Tbsp. non-fat yogurt  
⅛ tsp. nutmeg  
⅛ tsp. cinnamon  
4 lettuce leaves  
8 slices reduced-calorie raisin  
bread

## **COLD BANANA BISQUE WITH CINNAMON CROUTONS**

1 quart half-and-half  
4 large ripe bananas  
dash of nutmeg  
3 pieces thinly-sliced white bread

Put half-and-half, bananas and nutmeg in a food processor or blender and blend until thoroughly mixed and creamy. Chill. Preheat oven to 300°F. Remove crusts from bread; cube and place in a buttered shallow pan. Combine melted butter, sugar and cinnamon and pour over croutons. Toss until evenly coated. Bake, stirring frequently, until lightly caramelized. Sprinkle croutons on chilled soup and serve. Makes 8 servings.

**Evelyn Bandstra**

⅓ cup melted butter  
3 Tbsps. sugar  
½ tsp. cinnamon

**Mildred Gess's**  
**CREAM OF CUCUMBER SOUP**

2 cups peeled and coarsely  
chopped cucumbers  
1 cup chicken broth  
1 cup light cream  
3 Tbsps. flour

In blender, combine the above ingredients until smooth. Can be served hot or cold. Garnish with a small amount of dillweed.

**(Pella Collector's Cookbook,  
a favorite of Shirely Weller)**

3 Tbsps. butter  
1/2 cup chives, chopped  
1 tsp. lemon juice  
salt and pepper to taste

**FRESH FRUIT SOUP**

3 Tbsps. quick-cooking tapioca  
2 Tbsps. sugar  
2 1/2 cups water  
1 (6 oz.) can frozen orange juice

Combine the tapioca, sugar and 1 cup of the water in a saucepan. Bring to a full rolling boil, stirring constantly. Remove from heat. Blend in the orange juice until melted. Add remaining 1 1/2 cups water. Cool 20 minutes. Stir, cover and chill thoroughly. Prepare desired fruit and cut into bite-sized pieces. When soup is chilled, add the fruits and lemon juice. Serves 8. (Recipe is easily doubled or tripled.)

**Maxine F. Huffman**

3 cups fresh fruit - peaches,  
grapes, bananas, strawberries,  
plums, melon, oranges or apricots  
1 Tbsp. lemon juice

**BROCCOLI SOUP**

2 lbs. broccoli  
4 Tbsps. olive oil  
2 large cloves minced garlic

6 Tbsps. rice  
6 cups chicken broth  
2/3 cup grated cheese

Separate broccoli flowerets from stems, cut into small buds. Set aside. Peel remaining broccoli and chop into 1/2" chunks. Heat oil in saucepan, add garlic and cook 30 seconds without browning. Stir in broccoli chunks and add rice. Stir for 2 minutes, add broth and bring to boil. Reduce heat and simmer for 15 minutes or until the broccoli and rice are tender. Puree in food processor. Return soup to saucepan and keep warm. Steam reserved broccoli 5 minutes and add to soup. Season to taste. Serve with grated cheese. Serves 6.

**Shirley Borgman**

## **CREAMY CHICKEN BROCCOLI STEW**

**Ginny Ver Ploeg  
Des Moines, Iowa**

1 Tbsp. butter or margarine  
1 cup sliced fresh mushrooms  
 $\frac{1}{2}$  cup pepper strips (sweet red  
and green)  
1 can (10 $\frac{3}{4}$  oz.) condensed cream  
of chicken soup

1 soup can milk  
1 pkg. (10 ozs.) frozen chopped  
broccoli  
2 cups cut-up cooked chicken  
 $\frac{1}{4}$  tsp. pepper  
generous dash ground nutmeg

In 3-quart saucepan over medium heat, in hot butter, cook mushrooms and pepper strips until vegetables are tender, stirring occasionally. Stir in soup, milk, broccoli, chicken, pepper and nutmeg. Heat to boiling, stirring occasionally. Reduce heat to low. Cover and simmer for 5 minutes. Makes 4-5 servings.

## **CAULIFLOWER SOUP**

1 medium cauliflower  
1 qt. lightly salted water  
1 Tbsp. butter  
2 cups chicken broth  
1 cup light cream

**Geraldine Vander Pol Wagoner  
Patterson, New Jersey**

1 cup milk  
4 generous pinches mace  
ground pepper and sea salt to taste  
 $\frac{1}{4}$  cup fresh snipped chives or  
green onion tops

Cook cauliflower 25 minutes, drain. Place  $\frac{1}{2}$  butter and  $\frac{1}{2}$  cauliflower into food processor or blender and mix until smooth. Add remaining butter, cauliflower, chicken broth, cream, milk, mace, salt and pepper and mix again until smooth. Warm 3 to 5 minutes. Garnish with cheese or onion tops. Serves 6.

## **\*MOM'S CORN CHOWDER**

2 ozs. extra lean ham, diced  
1 small onion, sliced  
 $2\frac{1}{2}$  cups corn, no salt added  
2 cups diced potatoes  
 $1\frac{1}{2}$  cups canned tomatoes, no  
salt added

**Elaine Jaarsma**

1 Tbsp. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
4 cups boiling water  
1 cup hot skim milk

Coat the bottom of a heavy pan with a butter-flavored no-stick cooking spray. Saute the diced ham and onion and cook without browning for 5 minutes. Add vegetables. Sprinkle with sugar and seasonings; add water and cook slowly until potatoes are tender. Remove from heat and slowly stir in milk. Serve immediately. Season with salt at the table. Makes 4 servings.

## **CREAM OF FRESH VEGETABLE SOUP**

(Carrot, Green Bean, Pea)

1½ cups chicken broth	2 Tbsps. all-purpose flour
½ cup chopped onion	½ tsp. salt
Desired vegetable and seasonings (see below)	few dashes pepper
2 Tbsps. butter or margarine	1 cup milk

In saucepan combine the chicken broth, onion, and one of the vegetable-seasoning combinations from below. Bring to boiling. Reduce heat; cover and simmer the time indicated or until vegetable is tender. Place vegetable mixture in a blender or food processor. Cover and blend 30 to 60 seconds or until smooth. In same saucepan melt the butter or margarine. Blend in the flour, salt and pepper. Add the milk all at once. Cook and stir until thickened and bubbly. Stir in the vegetable puree. Cook until heated through for a warm soup. For a chilled soup, refrigerate, covered, for several hours.

### **Carrot Soup**

1½ cups sliced carrots	½ tsp. dried basil, crushed
1 Tbsp. snipped parsley	

Simmer 12 minutes. Yield: 3½ cups

### **Green Bean Soup**

1½ cups cut green beans	½ tsp. dried savory, crushed
Simmer 20 to 30 minutes.	Yield: 3 cups.

### **Pea Soup**

1½ cups shelled peas	2 Tbsps. chopped ham
¼ cup shredded lettuce	¼ tsp. dried sage, crushed

Simmer 8 minutes. Yield 3½ cups.

## **POTATO-BROCCOLI-CHEESE SOUP**

**Bev Farnsworth  
McCall, Idaho**

4 medium potatoes, diced	2 tsps. lemon pepper
1 medium onion, chopped	2 Tbsps. butter or margarine
4 cups milk	1 Tbsp. flour
1½ cups imitation crab meat	1 cup grated cheddar cheese
2 cups broccoli, chopped	

Cook potatoes and onions in water until tender, drain. Add 3 cups milk (can use skim) and crab meat. Simmer on very low heat. Season to taste. Steam broccoli until tender, season with pepper.

Make smooth paste of butter and flour, add milk, stir until slightly thickened. Add grated cheese, stir until melted and smooth. Add mixture to potato soup. Simmer over very low heat to blend flavors for about 15 minutes. Add juice of ½ lemon and 1 Tbsp. dill weed. Serve hot.

### **\*CREAM OF POTATO SOUP**

2 Tbsps. margarine  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{4}$  cup chopped celery  
 $1\frac{1}{2}$  cups diced, peeled potatoes  
 (1 large)  
 1 cup chicken broth

In medium saucepan over medium-high heat, melt margarine. Add onion and celery until soft, stirring frequently. Add potatoes, chicken broth, parsley, thyme, celery seed and pepper; bring to a boil. Reduce heat, cover. Simmer about 15 minutes or until potatoes are almost tender, then mash this with a potato masher. Add milk, simmer uncovered about 5 minutes, stirring occasionally. 4 servings.

**Mert Tysseling**

$\frac{1}{4}$  cup chopped fresh parsley  
 $\frac{1}{4}$  tsp. thyme, crushed  
 $\frac{1}{4}$  tsp. celery seed  
 $\frac{1}{8}$  tsp. pepper  
 $1\frac{1}{2}$  cups skim milk

### **CREAM OF POTATO SOUP**

8 medium white potatoes  
 4 slices bacon, diced  
 $\frac{1}{2}$  cup or less onion, chopped  
 4 Tbsps. butter (optional)  
 2 Tbsps. parsley  
 1 tsp. salt  
 $\frac{1}{2}$  tsp. nutmeg or more

Cook potatoes until tender. Saute bacon and onion over low heat until brown. Mash potatoes well; add bacon, onion and the remaining ingredients. Stir in milk. Heat over low heat. Sprinkle with cheese. Serves 8.

**Shirley D. Borgman**

$\frac{1}{2}$  tsp. dry mustard  
 dash cayenne  
 2 tsps. Worcestershire sauce  
 6 cups milk  
 4 ozs. grated Swiss or cheddar  
 cheese

### **GOLDEN POTATO SOUP**

6 cups pared and chopped  
 potatoes  
 2 cups water  
 1 cup sliced celery  
 $\frac{1}{2}$  cup chopped onion  
 2 tps. parsley flakes

In large saucepan combine water, potatoes, celery, onions, parsley flakes, bouillon cubes, salt and pepper. Simmer covered until tender. In a small cup combine flour and 4 Tbsps. milk to make a thin paste. Stir into soup. Add cheese and the remainder of milk. Simmer until thick and smooth.

**Rhonda Fish**  
**Rochester, IN**

2 chicken bouillon cubes  
 1 tsp. salt  
 1 dash pepper  
 4 Tbsps. flour  
 3 cups milk (divided)  
 1 lb. Velveeta cheese (cubed)

## BAKED SWISS CHEESE-POTATO SOUP

Maxine Huffman

4 large potatoes	pepper to taste
2 Tbsps. butter or margarine	2 cups shredded Swiss cheese
4 Tbsps. olive oil	6-8 cups beef or vegetable broth
2 large onions, thinly sliced	1½ cups dry red wine
2 Tbsps. minced parsley	

Peel and halve potatoes. Then cut into ¼-inch slices. Set aside in cold water.

Saute onion in butter and oil until soft. Remove from skillet and set aside.

Saute drained potatoes until nicely browned. Add onion, parsley and pepper and cook about two minutes. Place half the mixture in a deep casserole (3 or 4 quart), sprinkle with half the cheese. Add remaining potato mixture and remaining cheese.

Pour broth and wine into skillet and bring to a boil. Stir well to combine with the browned skillet contents. Pour into casserole and bake 30 minutes at 350°.

## VEGETABLE-CHEESE SOUP

Joan Klyn

¾ cup diced carrot	3 Tbsps. butter or margarine
½ cup diced onion	2 (14½ oz.) cans chicken broth
½ cup diced celery	4 Tbsps. flour
¼ cup diced green pepper	2 cups milk
2 cups diced potatoes	12 ozs. shredded cheese (cheddar or American)

In large saucepan place vegetables, 1 can of chicken broth and 1 Tbsp. butter; cook until vegetables are tender. Place mixture in blender, one cup at a time, blending until smooth.

In large heavy 4-quart saucepan melt 2 Tbsps. margarine and blend in 4 Tbsps. flour. Slowly add 1 can chicken broth, stirring constantly. Add blended vegetable mixture and cook until thick. Slowly add 2 cups milk and simmer over low heat. Add cheese prior to serving. More milk can be added if mixture is too thick. 6-8 servings.

## CHEEZY CHOWDER

Heidi Van Hemert

1 chicken bouillon cube (1 tsp. granules)	1 (10 oz.) pkg. frozen mixed vegetables
1½ cups boiling water	1 (17 oz.) can cream style corn
2 cups chopped potatoes, cooked	1 (8 oz.) jar Cheez Whiz
¼ cup chopped onion	½ cup milk

Dissolve bouillon cube in water, add potatoes, onion and mixed vegetables. Cover and simmer 10 minutes or until vegetables are tender. Stir in remaining ingredients.

Heat until cheese is melted and chowder is hot. (Freezes well.)

## **GROUND BEEF SOUP**

1 lb. ground beef  
 1 (28 oz.) can stewed tomatoes  
 2 cups diced potatoes  
 $\frac{1}{2}$  cup diced carrots  
 $\frac{1}{2}$  cup celery

**Milly Vande Kieft**

$\frac{1}{2}$  cup diced onion  
 $1\frac{1}{2}$  qts. water  
 pepper and salt  
 $\frac{1}{4}$  cup rice or barley (optional)

Brown ground beef, add remaining ingredients. Simmer for 45 minutes to one hour. 6-8 servings.

## **BEEF VEGETABLE SOUP**

(Crock Pot Recipe)

3 cups water  
 2 small onions, chopped  
 3 stalks celery, chopped  
 2 carrots, sliced  
 1 (14 $\frac{1}{2}$  oz.) can tomatoes  
 $\frac{1}{2}$  tsp. pepper

**Ginny Ver Ploeg  
 Des Moines, Iowa**

1 (10 oz.) pkg. frozen mixed vegetables  
 1 lb. ground beef formed into small balls  
 2-4 Tbsps. beef base, granules

Put all in crockpot. Cover and cook on low 8-12 hours. (High: 4 to 6 hours). Optional: One hour before serving, turn to high. Make a paste of  $\frac{1}{2}$  cup butter, melted, and  $\frac{1}{2}$  cup flour. Stir until smooth. Pour into crockpot; stir until thickened. Cook on high until thickened. (Can also be easily done without crockpot.)

## **STEAK SOUP**

2 lbs. ground round steak  
 $\frac{1}{4}$  tsp. garlic powder  
 $\frac{1}{2}$  tsp. salt  
 1 (10 oz.) pkg. frozen mixed vegetables  
 1 cup chopped celery  
 1 cup chopped onion

**Shirely Weller**

1 cup chopped carrots  
 4 tsps. beef bouillon granules  
 2 cups water  
 $\frac{1}{2}$  lb. margarine  
 1 cup flour  
 1 (7 $\frac{1}{2}$  oz.) can whole tomatoes chopped

Brown meat seasoned with garlic and salt, drain. Parboil frozen vegetables, celery, onions and carrots in 2 cups water for 3 minutes. Drain vegetables, reserving liquids. Add 4 tsps. beef bouillon granules to liquid. Set vegetables aside.

In large kettle or Dutch oven melt margarine, whisk in flour, blending well. Add water to reserved liquid to have 2 quarts and stir in thickened mixture. Add vegetables, meat and tomatoes; simmer 2 to 3 hours. 10 servings.

### BUSY DAY BAKED CHILI

1 lb. ground beef	1 (16 oz.) can chili beans
1 green pepper, chopped (optional)	1 tsp. salt
1 (16 oz.) can tomato pieces or tomato juice	1 tsp. chili powder
	1/4 tsp. oregano
Mix all ingredients well and place in 2-quart casserole. Bake at 300° for 2 hours. Serves 4.	

### FIVE-HOUR STEW

2 lbs. stew beef, cut into cubes	1 cup diced celery
1 (16 oz.) can peas and carrots or mixed vegetables, undrained	onion to taste
1 potato, sliced	salt and pepper to taste

Do not brown beef. Combine all ingredients in heavy pan or casserole. Bake 5 hours at 250° degrees. Serves 4-6.

### PERFECT BROWN STEW

1½ lbs. stew meat, cubed	¼ tsp. pepper
dash garlic salt	½ tsp. paprika
4 cups water, boiling	1 tsp. sugar
1 onion, chopped	dash of allspice
1 tsp. Worcestershire sauce	6 carrots, cut into small chunks
1 large bay leaf (optional)	5 potatoes, cut into chunks
1 tsp. salt	

Stew's cooking time is 3½ hours. Brown meat, seasoned with garlic, for 20 minutes. Add boiling water to meat. Add onion, Worcestershire, bay leaf, salt and pepper, paprika, sugar and allspice. Cook 2 hours. If needed, add more boiling water. Add carrots, potatoes and additional onion (large chunks) if desired. Simmer until vegetables are tender. Thicken juices with flour, if desired. Serves 4-6.

### CHEESY HAM SOUP

½ onion, chopped	4 cups milk
4 cups potatoes, cubed	salt and pepper
4 cups water	2 cups cheddar cheese, diced
½ cup butter, melted	2 cups Velveeta cheese, diced
½ cup flour	2 cups ham cubes or Spam

In saucepan cook potatoes and onions in water until tender. Drain off half liquid. Make white sauce with butter, flour, milk and seasoning. Add potato mixture to white sauce, add the cheese and ham or Spam.

This can be made in the microwave. 12 servings.

Viola Van Wyk

Viola Van Wyk

Jo Harmeling

Shary Branderhorst  
Monroe, Iowa

## VEGETABLE-PORK SOUP

1 lb. pork stew meat, cut into  
½-inch cubes  
1 Tbsp. cooking oil  
½ cup chopped onion  
1 tsp. paprika  
3 cups low sodium chicken  
broth (canned)  
1 cup peeled potatoes cut into  
½-inch cubes

Brown meat cubes in oil, adding onions and paprika in two batches and drain off fat.

Put in soup pot with chicken broth and vegetables and simmer until vegetables are tender, about 30 minutes.

Stir in torn spinach just before serving and let simmer until spinach is just tender, 3 to 5 minutes. Makes 4 main dish servings.

## SAUSAGE MINESTRONE

½ pound bulk Italian sausage  
1 cup chopped onion  
2 cloves garlic, finely chopped  
8 cups water  
1 (28 oz.) can Italian-style toma-  
toes, undrained and broken up  
5 tsps. beef-flavor instant bouillon  
OR 5 beef-flavor bouillon cubes  
4 tsps. Italian seasoning

In large kettle or Dutch oven, brown sausage, onion and garlic; pour off fat. Add remaining ingredients except beans, spaghetti and cheese; bring to a boil. Reduce heat; simmer uncovered 1 hour. Stir in beans and spaghetti; bring to a boil. Reduce heat; simmer uncovered 10 minutes or until spaghetti and green beans are tender. Serve with parmesan cheese. Refrigerate leftovers. Makes about 2½ quarts.

## MOREL SOUP

2 Tbsps. margarine  
1 cup onion, minced  
1 clove garlic, minced  
¼ cup parsley, minced  
2 cups fresh morels, minced  
4½ cups water

Saute onions, garlic and chopped morels in margarine until soft. Add all ingredients except potato and simmer for about 20 minutes. Add potato and simmer for another 30 minutes. If soup has become too thick, add more water to suit your taste. Salt and pepper to taste also. Serves 6.

## Jo Harmeling

1 cup peeled winter squash or  
sweet potatoes, peeled and cut  
into ½-inch cubes  
1 cup frozen whole kernel corn  
⅔ cup chopped tomato  
½ tsp. garlic salt  
⅛ tsp. pepper  
1 cup torn fresh spinach

## Delores Greving

¼ tsp. pepper  
2 medium carrots, pared and sliced  
1 (15½ oz.) can garbanzo beans,  
drained  
1 (9 oz.) pkg. frozen cut green  
beans, thawed  
½ (8 oz.) pkg. spaghetti, broken  
grated parmesan cheese

## Don Huffman

¼ cup sherry  
1 potato, chopped fine  
4 beef bouillon cubes  
1 bay leaf  
salt and pepper

## OYSTER-MOREL SOUP

Don Huffman

Note: In season, saute your morels in butter and freeze until you are ready to prepare the soup.

1 pint oysters with liquid	½ teaspoon thyme
2 cups chicken broth	1 to 2 Tbsps. flour
frozen, sauteed morel mushrooms	1 cup heavy cream
2 Tbsps. butter	salt and freshly ground pepper
1 medium onion, diced fine	cayenne pepper
2 bay leaves	

Heat oysters with their liquid in the chicken broth. Remove oysters when they begin to curl, strain liquid, and set it aside.

In a frying pan, melt 1 Tbsp. butter and add onions. Cook 5 minutes, until onions are tender, then add mushrooms and spices. Turn down heat and simmer about 10 minutes.

Prepare a roux, adding 1 Tbsp. butter to 1 Tbsp. flour, stirring often. Slowly add the hot liquid, allowing liquid to thicken before adding more. Add mushroom and onion mixture. Let simmer for ½ hour.

The above can be made a day in advance. To finish the soup, add the heavy cream and simmer. Finally add the oysters and season to taste. Serves 6.

## WILD RICE SOUP

Charlotte Klyn

2½ cups cooked wild rice	4 Tbsps. finely chopped slivered almonds
5 Tbsps. butter	1 cup half and half
1½ Tbsps. minced onion	1 cup milk
½ cup flour	½ cup minced ham or cooked
3 cups chicken broth	chopped chicken
1 tsp. instant chicken bouillon	
¾ cup finely grated carrots	

Cook wild rice. While rice is cooking, melt butter in non-stick skillet or pan. Saute onion until tender. Blend in flour. Gradually add chicken broth and chicken bouillon. Cook, stirring constantly, until mixture boils. Simmer 15 minutes, stirring often. Add cooked rice, carrots, almonds, and ham or chicken. Add half and half and milk. Simmer ten minutes more. Serve.

(The soup is delicious if made a day ahead and allowed to season. If soup is too thick when reheated, add milk to desired consistency.) Note: If a vegetarian soup is desired, delete the onion, the chicken broth, the chicken bouillon and ham or chicken. Use instead an envelope of onion soup mix and 4 cups of cold water. Sprinkle with parmesan cheese as you serve it.

## WILD RICE & CHICKEN SOUP

Shirley Borgman

6 Tbsps. butter  
1 Tbsp. minced onion  
 $\frac{1}{2}$  cup flour  
3 cups chicken broth  
2 cups cooked wild rice

1 cup cooked chicken  
 $\frac{1}{2}$  cup grated carrots  
1 cup whole milk  
2 Tbsps. sherry  
dry roasted slivered almonds

Melt butter in saucepan; saute onion until tender. Blend in flour; gradually add broth. Cook, stirring constantly, until mixture comes to a boil; boil 1 minute. Stir in rice, chicken, carrots and season. Simmer about 5 minutes. Blend in milk and sherry and heat to serving temperature. Garnish with a few almonds.

## Shirely Weller's COPPINO

$\frac{1}{4}$  cup chopped green pepper  
2 Tbsps. finely chopped onion  
1 clove garlic, minced  
1 Tbsp. cooking oil  
1 (16 oz.) can tomatoes - cut up  
 $\frac{1}{2}$  cup dry red cooking wine  
3 Tbsps. snipped parsley  
 $\frac{1}{2}$  tsp. salt

(**Pella Collectors' Cookbook,**  
**a favorite of Maxine Huffman**)

$\frac{1}{4}$  tsp. dried oregano  
 $\frac{1}{4}$  tsp. basil  
 $\frac{1}{4}$  tsp. pepper  
1 pkg. frozen fish fillets  
1 (4 $\frac{1}{2}$  oz.) can shrimp, drained  
1 (7 $\frac{1}{2}$  oz.) can minced clams,  
undrained

Cook green pepper, onion and garlic in oil until tender — not brown. Add tomatoes, wine, parsley, salt, oregano, basil and pepper. Cover and simmer 20 minutes. Cut fish fillet into pieces (remove bones) add fish to broth and simmer for 5 minutes, add shrimp and undrained clams and simmer for 3 more minutes. This is a very hearty soup and can be used as a luncheon dish with a salad. Serves 6.

## PICANTE SOUP

1 onion, chopped  
 $\frac{1}{8}$  tsp. garlic powder  
1 Tbsp. margarine  
1 (14 oz.) chicken broth, canned  
 $\frac{1}{2}$  cup picante sauce

Mary DuPree

1 tsp. Dijon mustard  
 $\frac{1}{2}$  cup instant potato flakes  
1 (10 oz.) pkg. broccoli, frozen  
8 oz. Velveeta cheese, cubed  
1 cup milk

Saute onions, seasoned with garlic in margarine until tender. Add to onions, broth, picante sauce and mustard. Bring to boil and simmer 5 minutes. Stir in potato flakes, broccoli. Simmer 5 more minutes. Add cheese and milk. Heat but do not boil. Serve soup with a dollop of picante sauce. Serves 6.

**VELVETY ALMOND CREAM SOUP**

Shirely Weller

3 Tbsps. butter or margarine	4 cups milk
1 cup chopped celery	2 tsps. instant chicken bouillon
$\frac{1}{2}$ cup chopped onion	granules
$\frac{1}{4}$ cup all-purpose flour	$\frac{1}{2}$ tsp. Worcestershire sauce
$\frac{1}{8}$ tsp. pepper	$\frac{1}{2}$ cup sliced almonds

In large saucepan, melt butter or margarine. Add celery and onion, and cook until tender. Stir in flour and pepper. Add milk all at once. Stir in chicken bouillon and the Worcestershire sauce. Cook and stir until soup is thick. Cook and stir 1 minute more. Served topped with sliced almonds.

Makes 8-10 appetizer servings.

**SPICY TOMATO AND MACADAMIA NUT SOUP**Janice Cook  
Honolulu, Hawaii

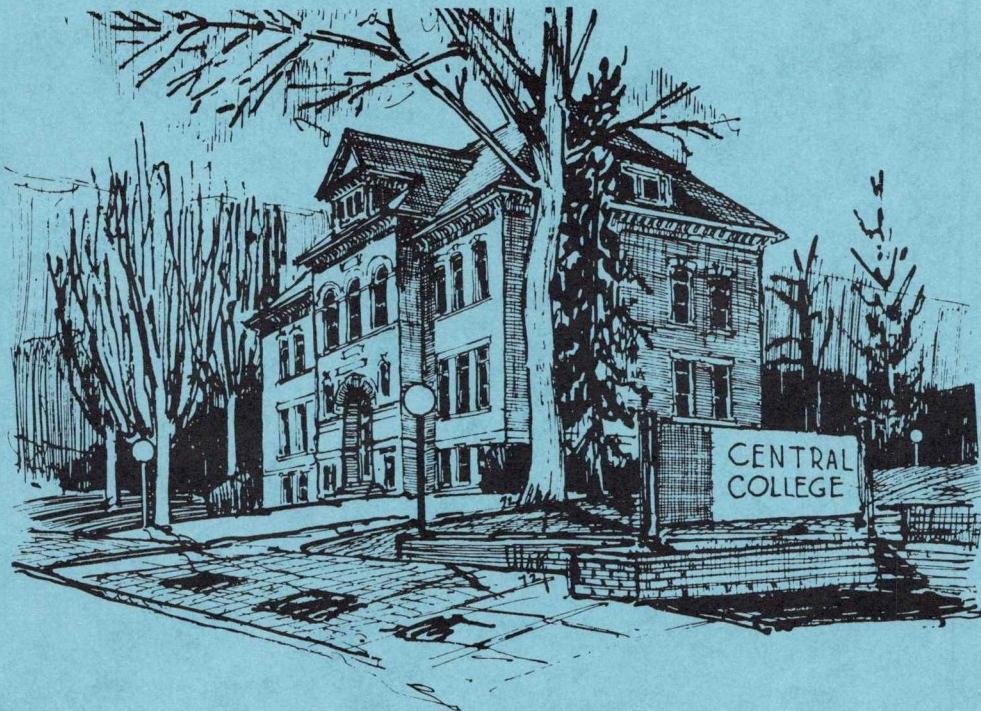
1 Tbsp. butter	salt and pepper
1 onion, chopped	bay leaf
$\frac{1}{2}$ Tbsp. flour	$\frac{1}{2}$ tsp. thyme
1 Tbsp. tomato paste	pinch of mace or nutmeg
$\frac{1}{2}$ tsp. paprika	1 clove garlic, minced
1 can (16 oz.) tomatoes	$\frac{1}{2}$ cup macadamia nuts
1 quart chicken stock	$\frac{1}{4}$ cup port, sherry or Madeira

Melt butter in a large saucepan or stock pot. Add onion, flour, tomato paste and paprika. Mash tomatoes a little, then add to saucepan. Add stock, salt, pepper, bay leaf, thyme, mace and garlic. Simmer for 30 minutes. In a food processor grind macadamia nuts into a smooth paste. Remove bay leaf and puree tomato mixture. In the saucepan combine macadamia nut paste, port and tomato mixture; heat slowly. Makes 8 servings.

## *Recipes*

# SALADS

Edited by Barbara Overman



## JORDAN HALL • CENTRAL COLLEGE • PELLA

### JORDAN HALL

*"Father, if you intend to leave anything to me, give it to Central, they need it now."*  
Those words from Josie Chandler, an 1880 graduate of Central, resulted in Jordan Hall being constructed in 1905 by her father, Chandler Jordan, a prosperous farmer.





## HOT FRUIT SALAD

Mrs. Elma Boerefyn  
Leighton, Ia.

12 almond or coconut macaroons (crushed)	½ cup slivered almonds (toasted)
4 cups drained fruit (apricots, cherries, peaches, pears, pineapple, mandarin oranges)	¼ cup brown sugar ¼ cup melted butter
In casserole, alternate crumbs and fruit, beginning and ending with crumbs. Sprinkle almonds and sugar on top. Bake at 350° for 30 minutes. Remove and pour butter over top.	

## CRANBERRY SALAD

Frances Heusinkveld  
Storm Lake, Ia.

1 lb. ground cranberries	½ cup chopped walnuts
1 can crushed pineapple, drained	¾ cup small marshmallows
1 cup cream, whipped	1 cup sugar

Grind cranberries and mix with sugar, let stand overnight. Add pineap-  
ple, whipped cream, walnuts and marshmallows.

## CRUNCHY SALAD

Joyce Hackert

1 large can pineapple tidbits, drained	½ cup sugar
2 cups miniature marshmallows pineapple juice drained from tidbits	1 beaten egg
1 Tbsp. flour	1 (8 oz.) container whipped topping
1 tsp. vinegar	2 cups diced apples
	1½ cup salted peanuts

Refrigerate pineapple and marshmallows. Cook together pineapple  
juice, flour, vinegar, sugar and egg until slightly thickened. Cool in  
refrigerator. Mix cooled sauce with whipped topping. Add pineapple and  
marshmallow mixture. Add apples and peanuts when ready to serve.

## Ellen Onnen's FROSTY SALAD LOAF

(dat is lekker kookboek,  
a favorite of Jay Vermeer)

1 (8 oz.) pkg. cream cheese	1 (1 lb.) can apricot halves, drained
1 cup sour cream	1 (9 oz.) can crushed pineapple, drained
¼ cup sugar	2 cups miniature marshmallows
¼ tsp. salt	
1½ cups bing cherries, pitted and drained	

Let cream cheese stand at room temperature to soften; then beat until  
fluffy, stir in sour cream, sugar and salt. Add the drained fruits and marsh-  
mallows. Add a few drops of red food coloring if desired. Freeze in ring  
mold or individual molds 6 hours or overnight.

## **FRUIT SALAD**

1 can chunk pineapple (drained)	1 egg
1 can mandarin oranges (drained)	2 cups miniature marshmallows
$\frac{1}{2}$ cup sugar	1 carton Cool Whip (regular)
2 Tbsps. cornstarch	

Drain fruit. Put juice in saucepan and heat. Mix sugar, cornstarch and egg together and add juice. Stir until thick. Let cool and then add pineapple and oranges. Add marshmallows and whipped cream and stir.

**Arvilla Verwers**

## **\*FRUIT 'N YOGURT SALAD**

20 oz. can chunk pineapple, drained, reserving liquid	1 Tbsp. sugar
11 oz. can mandarin oranges, drained, reserving liquid	1 tsp. vanilla or almond extract
2 Tbsps. cornstarch	1 cup seedless green grapes, halved
8 oz. carton plain yogurt	1 banana, sliced
	1 apple, cored, sliced

In small saucepan over medium heat, cook pineapple liquid and mandarin orange liquid with cornstarch, stirring constantly, until thickened. Cool slightly. In large bowl, combine yogurt, sugar and vanilla; mix in cooled mixture. Stir in pineapple, mandarin orange segments, grapes, banana and apple slices. Spoon into serving bowl. Cover; refrigerate about 4 hours or until completely chilled. 12 ( $\frac{1}{2}$ -cup) servings.

**Norma Klein**

## **CRANBERRY FROST SALAD**

1 cup cranberries, finely chopped	1 (8 oz.) pkg. cream cheese, softened
$\frac{1}{3}$ cup sugar	1 medium apple, finely chopped
1 medium orange	$\frac{1}{2}$ cup chopped, pitted dates
$\frac{1}{3}$ cup orange juice	1 cup whipping cream
1 tsp. vanilla	

Combine chopped cranberries and sugar; let stand for 10 minutes. Peel and section orange; chop.

In mixer bowl combine orange juice, vanilla and cream cheese; beat until fluffy. Stir in chopped oranges, cranberries, apples and dates.

Whip cream, add to fruit mixture. Freeze. Before serving, let stand at room temperature 10-15 minutes. 8-9 servings.

**Maxine Huffman**

**DAIQUIRI SPRING FROZEN SALAD****Mary Jane Banfield**

1 (8 oz.) pkg. cream cheese, softened	1 (4½ oz.) pkg. egg custard mix
⅓ cup mayonnaise	1 (15¼ oz.) can crushed pineapple, drained
1 (6 oz.) can frozen daiquiri mix, thawed	½ cup pecans or walnuts, chopped 2 cups Cool Whip

Combine cream cheese, mayonnaise, daiquiri mix and custard mix in blender. Blend at high speed until smooth. Pour into mixing bowl. Stir in pineapple. Fold in whipped topping. Pour into 8x8" pan. Cover and freeze. Serves 8-10.

**FROZEN CHRISTMAS SALAD****Edith Le Cocq**

2 (3 oz.) pkgs. cream cheese	½ cup red maraschino cherries
1 cup mayonnaise	½ cup green maraschino cherries
1 cup Cool Whip	2½ cups miniature marshmallows
1 (no. 303) can crushed pineapple	

Soften cream cheese. Blend in mayonnaise until smooth; fold in Cool Whip. Gently stir in cherries, pineapple and marshmallows. Freeze in tray or glass dish. Cut into squares and serve.

**FROZEN CITRUS SALAD****Kathy Blom**

juice of 3 oranges	1 large can crushed pineapple (undrained)
juice of 3 lemons	
grated rind from each	1 cup sugar
2 bananas, mashed	1 pint gingerale

Mix all ingredients together and pour into individual muffin tins lined with baking cups. Freeze.

Allow to thaw slightly before serving. Makes approximately 15 servings.

**CRANBERRY SALAD****Wilma Roorda**

1 pkg. raspberry or cherry jello	1½ cups sugar
1 pkg. lemon jello	1 cup nuts
3 cups boiling water	1½ cups celery, diced
2 cups raw cranberries, ground	1 can white spiced grapes,
1 small can crushed pineapple	drained

Mix jellos and boiling water, stir well. Add cranberries, pineapple and sugar. Chill until syrupy. Fold in nuts, celery and grapes. Fills 20 small muffin cups or 15x9" pan. Excellent frozen.

**Mrs. F. Ver Ploeg's and Mrs. Francis Huyser's  
COOKED CRANBERRY SALAD**

**(Dutch Treats,  
a favorite of Mina Baker-Roelofs)**

4 cups cranberries  
3 Tbsps. plain gelatin  
 $\frac{1}{2}$  cup cold water  
2 cups sugar

1 cup nuts, chopped fine  
1 cup grapes, halved  
1 cup pineapple tidbits

Dissolve gelatin in water. Drain liquid from pineapple and add enough water to make  $3\frac{1}{2}$  cups liquid. Cook cranberries in this liquid until they pop. Add gelatin to hot cranberries. Then add sugar when thickened. Add rest of fruit, chill until firm. Serves 12.

**CREAMY COCONUT MOLD**

1 $\frac{1}{2}$  cups cold water  
2 envelopes unflavored gelatin  
24-oz. carton (3 cups) cottage cheese  
14 oz. can sweetened condensed milk (not evaporated)  
 $\frac{1}{2}$  tsp. almond extract

**Norma Klein**

3-oz. pkg. cream cheese, softened, cut into small pieces  
1 cup coconut  
1 cup chopped nuts  
3 cups fresh fruit, cut into bite-size pieces

Lightly oil 1 $\frac{1}{2}$ -quart mold. In small saucepan sprinkle gelatin over water to soften; stir over low heat until gelatin dissolves. Set aside. In large bowl, combine cottage cheese, sweetened condensed milk, cream cheese, coconut, nuts and extract; mix well. Stir in gelatin. Refrigerate until slightly thickened, about 10 minutes. Stir; pour mixture into mold. Refrigerate 3 hours or until firm. To release from mold, gently run knife around edges; turn onto serving plate. Serve with fruit, garnish as desired. 12 servings.

**DEWEY LEMON SALAD**

6 oz. pkg. lemon jello  
2 cups hot water  
2 cups Mountain Dew and pineapple juice  
2 sliced bananas

**Mary Jane Banfield**

1 cup whipped cream  
1 small can pineapple tidbits, drained  
2 cups miniature marshmallows  
1 can lemon pie filling (optional)

Dissolve jello in hot water. Add Mountain Dew and juice. Allow to cool until it begins to set. Fold in fruit and marshmallows. Fold in whipped cream. Top with pie filling, if desired. Chill well. Serves 10-12.

**Edna Dormire's ORANGE SHERBET SALAD      Barbara Overman**

1 (6 oz.) pkg. orange jello  
2 cups boiling water  
1 pint orange sherbet  
2 bananas, sliced

1 (11 oz.) can mandarin oranges,  
drained  
1 (no. 2) can crushed pineapple,  
drained

Dissolve jello in boiling water. Add sherbet and stir until dissolved. Add fruit and chill. Serves 12-15.

**FRUIT SALAD****Shary Branderhorst  
Monroe, Ia.**

Cook until thick:  
1 pkg. vanilla pudding, regular  
1 (3 oz.) pkg. strawberry gelatin  
 $1\frac{1}{2}$  Tbsp. minute tapioca  
2 cups reserved fruit juices

20 oz. can chunk pineapple  
1 can mandarin oranges  
large can sliced peaches, diced  
10 oz. strawberries, or fresh ones  
2 bananas, sliced

Cool liquid, pour over fruit. Add bananas just before serving. Cover, store in refrigerator.

**GOLD SALAD****Nora Stark**

1 can apricots (cut up)  
1 can crushed pineapple  
1 (3 oz.) pkg. orange jello

1 cup hot water  
 $\frac{1}{2}$  cup small marshmallows

Drain fruit reserving juice. Dissolve jello in hot water and add  $\frac{1}{2}$  cup juices. Chill until syrupy, then fold in fruit and marshmallows. Chill until firm. Add topping:

$\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  Tbsp. flour  
1 egg

$\frac{1}{2}$  cup combined juices  
1 Tbsp. butter  
1 cup whipped cream

Combine everything except butter and cream in pan. Cook over low fire stirring constantly until thick. Stir in butter and cool. Fold in whipped cream and spread over salad.

**JEWELLED PINEAPPLE SLICES****Mildred Steele**

2 tall cans pineapple slices with  
2 cups of drained pineapple juice

2 (3 oz.) boxes fruit-flavored  
gelatin: orange, lemon or lime

Open the cans of pineapple (save the ends of the cans), and drain off the juice into a measuring cup, but leave the slices in the cans. If two contrasting colors of fruit gelatin are used, mix the gelatins separately, using 1 cup boiling pineapple juice for each package. Pour the jello mixtures into the pineapple cans. Replace the metal ends of the cans and refrigerate until set. When ready to serve, wrap a warm towel around the cans for a few seconds to loosen the contents (or slide a long, sharp knife carefully around the inside edge), and slide out the roll onto a plate. With the sharp knife, slice between each pineapple slice, and gently arrange the slices on a serving plate.

**LEMON JELLO**

2 (3 oz.) pkgs. lemon jello  
2 cups boiling water  
 $\frac{1}{2}$  cup cold water

Mix together. Put in a 13x9" pan and refrigerate.

**Arvilla Verwers**

1 can lemon pie filling  
1 (no. 303) can pineapple (crushed),  
juice included

**MOLDED WALDORF SALAD**

1 (3 oz.) pkg. lemon flavored  
gelatin  
1 cup boiling water  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{2}$  cup mayonnaise

Dissolve gelatin in water. Chill until slightly thickened, add salt and blend in mayonnaise. Fold in remaining ingredients, except greens. Turn into a 1-quart mold and chill. Unmold on greens. 6 servings.

**Connie Hinga**

1 cup celery, diced  
1 $\frac{1}{2}$  cups red apples, diced  
 $\frac{1}{2}$  cup nuts, chopped  
 $\frac{1}{2}$  cup whipping cream, whipped  
salad greens

**RED HOT PEAR SALAD (nice for holidays)**

1 large can pears  
 $\frac{1}{2}$  cup red hots

Drain pears; add water to juice to make 2 cups liquid; add red hots to liquid and heat until red hots are dissolved. Chop pears into small pieces; pour juice over pears. Let stand 12 hours or overnight. Prepare jello, using the pear mixture as the cold water. Add celery; pour into a pretty bowl and chill until firm.

**Topping:**

1 cup sour cream

1 tsp. vanilla

4 Tbsps. sugar

Mix well and serve in a separate bowl to be ladled onto salad.

**Val Van Kooten**

2 (3 oz.) pkgs. lemon jello  
1 cup chopped celery

**SALAD SUPREME**

1 pkg. regular vanilla pudding  
1 pkg. tapioca pudding  
1 (3 oz.) pkg. jello, any flavor  
3 cups boiling water

Dissolve first 4 ingredients and cook 3-4 minutes. Cool overnight. Next day, whip until fluffy. Add pineapple and cheese. Fold in whipped topping, top with more grated cheese. Lime and orange jello are both delicious.

**Majorie Tanis**

2 cups drained, crushed pineapple  
1 cup longhorn cheese, grated  
1 small container whipped topping

**SPARKLING MELON RING**

2 envelopes unflavored gelatin  
1 1/4 cups cold water  
1 (6 oz.) can frozen lemonade concentrate, thawed  
2 cups gingerale  
2 Tbsps. maraschino cherry juice

Connie Hinga  
2 cups small honeydew melon or cantaloupe balls  
2 Tbsps. sliced maraschino cherries  
1/4 cup dairy sour cream  
1/4 cup mayonnaise

In saucepan soften gelatin in 1/2 cup of the cold water; stir over low heat until gelatin dissolves; remove from heat. Stir in remaining 3/4 cup cold water and lemonade concentrate. Slowly add gingerale. Divide mixture in half. Stir cherry juice into one of the halves; chill until partially set (consistency of unbeaten egg whites). Keep remaining 1/2 at room temperature. Fold melon and cherries into partially set gelatin. Pour into a 6 1/2-cup ring mold. Chill until almost firm.

Combine sour cream and mayonnaise; add to second half of gelatin mixture. Beat with rotary beater until smooth. Slowly pour over chilled gelatin. Chill overnight, unmold onto plate. Fill center with curly endive and garnish with melon balls and cherries. Serves 8-10.

**STRAWBERRY JELLO SALAD**

1 (3 oz.) box strawberry jello  
1 cup boiling water

Heidi Van Hemert  
1 (10 oz.) pkg. frozen strawberries  
1 cup sour cream

Dissolve jello in boiling water. Add frozen strawberries. Stir until thawed. Add sour cream, beat with mixer until smooth. Chill.

**STRAWBERRY RICE SALAD**

1/2 cup rice  
3 cups water  
1 (3 oz.) pkg. strawberry jello

Joyce Schipper  
1/2 cup sugar  
1 small can crushed pineapple  
1 (9 oz.) carton Cool Whip

Cook rice until tender, 20-30 minutes. Drain rice, reserving water. Dissolve jello in 1/2 cup hot rice water. Combine jello, sugar, warm rice and pineapple. When partially set, add Cool Whip.

**Mrs. C.S. Van Hemert's SUNSHINE SALAD**

(Dutch Treats,  
a favorite recipe of Mina Baker-Roelofs)

4 (3 oz.) pkgs. lemon gelatin  
3 cups diced, canned pears,  
drained  
3 cups crushed pineapple, drained

1 (8 oz.) bottle maraschino  
cherries, cut fine  
1 cup English walnuts, chopped  
fine

Use all juices for liquid. Add water to make 7 1/2 cups liquid. Heat and dissolve gelatin. Chill and when partially set, add fruits and nuts. Serves 25. (This recipe was frequently used for Auxiliary Jordan Hall dinners.)

### FROZEN FRUIT SALAD

1 can peeled apricots, drained  
and halved  
3-4 bananas, mashed

Put all in large bowl. Make a simple syrup of 1½ cups sugar and 1 cup water (can use some of the apricot juice for liquid). Freeze in cupcake baking cups placed in muffin pans.

Makes a nice breakfast fruit cup too.

**Jen Andeweg, Mary Du Pree**

1 can crushed pineapple and  
juice  
1 pint frozen strawberries, thawed

### FROZEN FRUIT SALAD

1 can apricot pie filling  
1 can sweetened condensed milk  
1 (15 oz.) can crushed pineapple,  
undrained

Mix first four ingredients. Gently mix in Cool Whip until well blended. Pour into freezer tray or cupcake liners in muffin pans and freeze. Transfer to a covered plastic container. Will keep for weeks in freezer if left covered.

**Wilma Resdon  
Oelwein, Ia.**

1 small can mandarin oranges,  
drained  
1 (8 oz.) carton Cool Whip

### FROZEN MAPLE SALAD

1 (8 oz.) pkg. cream cheese  
¾ cup maple syrup  
1 Tbsp. lemon juice  
1 cup mashed bananas

1 (8 oz.) can crushed pineapple,  
drained  
½ cup chopped pecans  
1 cup whipped cream (or Cool Whip)

Combine cream cheese, syrup, lemon juice and bananas in blender or mixer. Stir in pineapple and pecans; fold into whipped topping. Put into 8x8" pan and freeze overnight. This keeps well in freezer.

**Norma Gaass**

### \*LO-CAL FRUIT SALAD

1 (13 oz.) can unsweetened  
pineapple chunks (drained)  
2 medium apples, cored and  
sliced very thin  
2 cans mandarin oranges (drained)

1 cup celery, cut fine  
Mix:  
¼ cup Wesson oil  
½ tsp. salt  
¼ tsp. celery seed

Mix together, refrigerate. Can be served in 15 minutes, better if left over-night. Keeps a long time.

**Laura Patchen**

## LAYERED FRUIT SALAD

Joan Klyn

5 cups chopped fresh spinach or Romaine lettuce (approx. 10 oz.)	3 cups seedless red and white grapes, halved
2 (15½ oz.) cans chunk pineapple, drained well	14 oz. container frozen whipped dessert topping, thawed
2 (11 oz.) cans Mandarin oranges drained well	8-oz. container lemon yogurt ¾ cup chopped nuts

Place spinach or lettuce in bottom of 13x9" dish. Layer on fruits. Combine dessert topping and yogurt, spread evenly over top of salad. Cover tightly with clear plastic wrap. Refrigerate 24 hours. Before serving sprinkle with chopped nuts. Serves 12.

## CAESAR SALAD

Barbara Overman

Season a wooden bowl with 1 Tbsp. garlic and 2 Tbsps. olive oil. Add 1 cup croutons—season and remove. Add 6 turns of a peppermill,  $\frac{1}{8}$  tsp. salt and 1 tsp. anchovy. Mix well.

Add juice of  $\frac{1}{8}$  lemon, 1 egg yolk and  $\frac{3}{4}$  tsp. Dijon mustard. Mix well.

Add 1 Tbsp. red wine vinegar, 2 Tbsps. grated Parmesan cheese and 3 Tbsps. olive oil. Mix well.

Add 1 large bunch of Romaine lettuce, cut up. Top each serving with  $\frac{1}{2}$  tsp. parmesan cheese and fresh ground pepper. Serves 4.

## Mrs. Bert Baron's DUTCH LETTUCE    (Pella Collectors' Cookbook, a favorite of Helen Glendening)

Make the following sauce in advance, which may be kept in the refrigerator for several weeks.

1 Tbsp. butter	4 hard-boiled eggs
1 Tbsp. flour	6 servings coarsely cut lettuce, a little onion added
$\frac{1}{2}$ cup water	6 strips bacon
2 egg yolks (or 1 whole egg)	$\frac{1}{3}$ cup vinegar
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup water
$\frac{1}{2}$ cup vinegar	
6 servings hot boiled potatoes	

Melt butter, add flour; when well blended add water and bring to a boil while stirring. Beat egg yolks, add sugar and vinegar; blend and stir into the hot sauce. Let come to a boil. Have ready, potatoes, eggs, lettuce, onion. Cut bacon into small pieces, fry in skillet until nicely browned, add 3 or 4 Tbsps. of the above sauce, vinegar and water. Bring to boil in skillet and keep hot. Place a layer of hot potatoes (riced or mashed) in bowl; then a layer of lettuce, 2 sliced hard boiled eggs and several Tbsps. of the hot bacon dressing. Add remainder of potatoes, lettuce and sliced eggs. Pour rest of dressing over this and serve immediately.

## ROMAINE SPINACH SALAD

Ruth Van Ee Saholt  
Whitefish, Mont.

1 bunch young and tender spinach  
1 head romaine lettuce  
4 slices bacon, cooked and torn  
into small pieces  
2 green onions, chopped  
 $\frac{1}{3}$  cup warm bacon drippings

### Dressing:

3 hard-cooked eggs  
 $\frac{1}{2}$  tsps. yellow mustard  
3 Tbsps. cider vinegar  
2 Tbsps. sugar

Separate the hard-cooked eggs into yolks and whites. Chop the whites. Mix the yolks with the mustard, vinegar and sugar until smooth. Wash and tear spinach and romaine into small pieces. Place in salad bowl and toss with egg dressing. Heat bacon drippings until warm and add to salad. Toss lightly. Sprinkle the top of the salad with the egg whites, bacon pieces and green onions. Serves 4.

**Variation:** Use only spinach instead of spinach and romaine combination. Use bacon bits instead of fresh cooked bacon and drippings.

## HOT SPINACH SALAD

Marie Van Leeuwen  
Hanover, Ind.

10 slices bacon  
 $\frac{3}{4}$  cup red wine vinegar  
scant  $\frac{1}{8}$  cup bacon drippings  
scant  $\frac{1}{4}$  cup olive oil (or other oil)

$\frac{1}{4}$  cup green onion, chopped  
scant  $\frac{1}{4}$  cup sugar  
1 lb. fresh spinach, washed,  
drained and stems removed

Cook bacon until crisp. Break into small pieces. Put vinegar drippings and oil into saucepan, bring to boil. Immediately add onion and sugar. Return to boil, stirring until sugar is dissolved. Add bacon, remove from heat. Arrange spinach in large bowl. Pour hot dressing over spinach, toss to coat. Serves 6-8.

## ASPARAGUS SALAD

(Can also be used as cold vegetable dish)

Cooked frozen asparagus (or  
fresh)

Garlic salad dressing  
Crisp lettuce, pimiento, onion rings

Drain asparagus, pour a little garlic dressing over and refrigerate 1 hour. Turn asparagus occasionally. To serve drain asparagus and arrange in bundles on lettuce. Top with French mayonnaise mix, pimiento and onion rings.

**French mayonnaise:** Blend equal parts of French dressing and mayonnaise.

To serve as vegetable, place on platter without the lettuce.

Ernie Visser

### **THREE BEAN SALAD**

1 (16 oz.) can yellow wax beans,  
drained  
1 (16 oz.) can kidney beans,  
drained and rinsed

Combine:

1 cup sugar  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup vinegar

Mix thoroughly and pour over vegetables. Toss lightly. Refrigerate in covered container. Stir occasionally.

**Milly Vande Kieft**

1 (16 oz.) can green beans, drained  
2 ribs celery, chopped  
1 green pepper, chopped  
1 medium onion, chopped

$\frac{1}{2}$  cup salad oil  
1 tsp. salt

### **24 HOUR BEAN & PEA SALAD**

1 (16 oz.) can French cut green beans  
1 (16 oz.) can tiny peas  
1 green pepper, diced

#### **Dressing:**

1 cup sugar  
 $\frac{1}{2}$  cup wine vinegar

1 small onion cut up or 5 or 6 green onions, chopped  
4 stalks celery, diced  
1 small jar pimiento

$\frac{1}{4}$  cup oil  
 $\frac{1}{4}$  tsp. salt

Drain beans and peas thoroughly. Add diced vegetables. Pour dressing over the vegetables. Refrigerate for 24 hours. Drain very well and serve.

**Dressing:** Boil sugar and vinegar together, cool. Add oil and salt. Blend well.

**Darlene Bevan  
Charlotte Klyn**

### **BROCCOLI SALAD**

1 bunch broccoli  
1 bunch green onions  
1 cup mayonnaise  
2 Tbsps. vinegar

2 Tbsps. sugar  
raisins  
unsalted peanuts

**Esther Roorda**

Cut up vegetables, mix with mayonnaise, vinegar, sugar and raisins. Let stand in refrigerator overnight. Add peanuts just before serving.

## **PRIZE WINNING BROCCOLI-MANDARIN SALAD**

1 egg (beaten)  
1/3 cup sugar  
1 1/2 tsps. cornstarch  
1 tsp. dry mustard  
1/4 cup vinegar  
1/4 cup water  
3 Tbsps. butter or margarine  
1/2 cup mayonnaise  
1/2 large red onion (sliced)

4 cups broccoli flowerets  
1/2 cup raisins  
6 slices bacon (cooked bacon, crumbled)  
2 cups fresh mushrooms, sliced  
1/2 cup slivered almonds, toasted  
1 (11 oz.) can mandarin oranges, drained

In double boiler or heavy saucepan, whisk together egg, sugar, cornstarch and mustard. Combine vinegar and water. Slowly pour into egg mixture, whisking constantly. Place over hot water and cook, stirring constantly, until mixture thickens. Remove from heat; stir in butter and mayonnaise. Chill. Toss dressing with remaining ingredients in serving bowl. Yield 10-12 servings.

## **CHINESE COLE SLAW**

1 (1-lb.) pkg. shredded cabbage  
8 garden onions, chopped  
6 sliced radishes  
1/2 lb. bacon, browned and crushed

2 pkgs. Ramen noodles (do not use seasoning mix in pkg.)  
2 1/4 oz. pkg. slivered almonds  
4 Tbsps. sunflower seeds

Brown almonds and sunflower seeds in butter or margarine. Set aside. Mix cabbage, onions, radishes and bacon. Just before serving add uncooked noodles, almonds and sunflower seeds. Pour dressing over.

### **Dressing:**

6 Tbsps. rice vinegar  
1 cup vegetable oil

1/2 tsp. salt  
1 tsp. pepper  
4 Tbsps. sugar

Mix well and pour over cabbage mixture.

## **CRUNCHY CABBAGE**

2 Tbsps. sesame seeds  
1 pkg. (1/2 cup) almonds, slivered  
2 Tbsps. butter  
1 head cabbage, shredded  
1 bunch green onions, chopped  
2 carrots, shredded  
3/4 cup oil

## **Barbara De Penning**

4 Tbsps. sugar  
2 tsps. salt  
1 tsp. pepper  
2 pkgs. Ramen chicken noodle soup (dry)  
1 pkg. shredded meat (chicken or ham) if desired

Saute sesame seeds and almonds in butter. Break up noodles and mix with cabbage, onions and carrots. Make a dressing of oil, sugar, salt and pepper, two packages seasoning mix from packaged noodles, sesame seeds and almonds. Stir well and pour over cabbage. Stir in meat. Ready to serve.

## REFRIGERATOR CROCK SALAD

Wilma Hoekstra

Grind or chop fine:

1 medium head of cabbage	2 large onions
4 carrots	2 tsps. celery seed
2 red and 2 green sweet peppers	

Soak all of the above in salt water for 2 hours. Drain well. Make a sweet vinegar with 2 cups white vinegar and 2½ to 3 cups sugar. Mix well.

Pour over the vegetables, mix carefully. Put in a crock or covered glass container and let stand in the refrigerator. "The longer it sets, the better it gets."

## CAULIFLOWER SALAD

Maribelle Van Tuyl

1 head cauliflower	16 green olives
1 red onion	1 small jar pimiento
1 cup celery	1 green pepper
1 cup cubed American cheese	1 cup sour cream
16 ripe olives	1 small bottle Ranch dressing

Cut up vegetables and mix with sour cream and Ranch dressing. Serves 8.

## \*CAULIFLOWER SALAD

Vivian Rippentrop

5 cups raw cauliflower, chopped	½ cup plain yogurt
2 cups frozen peas	2 tsps. dill weed
½ cup onion	2 Tbsps. low-cal mayonnaise
1 cup chopped celery	Mrs. Dash seasoning

Mix all ingredients. Chill.

## Thyrza Steward's CAULIFLOWER, BROCCOLI SALAD

(Dat Is Lekker Kookboek,  
a favorite of Ilda Van Zee)

1 medium head cauliflower broken in small flowers	
3 medium stalks broccoli, cut in bite size pieces, stalks and all	
2 small bunches green onions, chopped greens and all	

### Dressing:

1 cup mayonnaise or salad dressing
½ cup sour cream
1 Tbsp. sugar
1 Tbsp. vinegar
Dash tabasco and Worcestershire sauce

Pour dressing over above and refrigerate. Should be made 24 hours before serving. Will keep several days. Serves 10.

### **\*CAULIFLOWER, BROCCOLI AND PEA SALAD      Elaine Jaarsma**

1 lb. fresh cauliflower, broken into small flowerettes	½ cup sugar
1 lb. fresh broccoli, broken into small flowerettes	⅔ cup low calorie mayonnaise- type salad dressing
2 cups frozen peas, uncooked	1 tsp. dill weed
½ cup cider vinegar	1 tsp. low sodium vegetable seasoning (Veget)

Combine vegetables. Mix the rest of the ingredients until thoroughly combined; pour over the vegetables. Put in the refrigerator for several hours before serving. Approximately 10 servings.

### **SHOE PEG CORN SALAD**

1 can Shoe Peg corn (white)
1 can French-cut green beans
1 can peas
1 small jar pimiento
1 small onion, chopped
2 stalks celery, chopped

Connie Hinga
¾ cup chopped red or green pepper
1 cup sugar
¾ cup vinegar
½ cup salad oil
1 tsp. salt
1 tsp. black pepper

Drain first 4 ingredients. Add onion, celery and green pepper. Bring the sugar, vinegar, oil, salt and pepper to a boil. Stir until sugar is dissolved. Pour over vegetables. Keeps well in refrigerator several days.

### **CUCUMBER SALAD**

1 cup plain yogurt
2 Tbsps. salad oil
4 tsps. dried mint, crushed or 2 Tbsps. snipped fresh mint

Estela Castro Whitlatch Kennesaw, Georgia
--

4 Tbsps. lemon juice
2 cups thinly sliced cucumber lettuce (optional)

Stir together yogurt, salad oil, mint and lemon juice. Add to sliced cucumbers; toss to combine. Cover and chill. Serve mixture in lettuce-lined salad bowl if desired. Makes 4 servings.

### **CUCUMBERS AND ONIONS**

1 medium onion, sliced
1 cucumber, sliced thin
½ tsp. sugar

Nellie Fish Rochester, Indiana
-----------------------------------

1 Tbsp. oil
1 Tbsp. cider vinegar
salt and pepper

Separate onion slices; place in layers. Add other ingredients. Marinate 15-30 minutes. Serves 6.

## MARINATED MUSHROOM SALAD

Hope Miller  
Blacksburg, Virginia

½ cup vinegar  
½ cup vegetable oil  
¼ cup chopped onion  
2 cloves garlic  
salt and pepper to taste  
1 tsp. each sugar, basil, oregano  
2 cups sliced, cooked carrots

1 can (14 oz.) artichoke hearts,  
drained & cut into quarters  
8 oz. fresh mushrooms, halved  
1 cup ripe olives, halved  
¼ cup chopped red pepper OR 1  
jar pimiento

Combine dressing ingredients, bring to boil, simmer 10 minutes. Put vegetables into bowl. Pour hot dressing over vegetables, cover and chill several hours. Drain and serve over lettuce or use as an appetizer.

## MUSHROOM SALAD

Edith Le Cocq

1 cup sliced mushrooms  
1 fresh tomato, seeded & chopped  
1 small onion (red sliced into rings, other fresh onions okay)

½ cup celery, chopped  
½ cup cucumbers, chopped  
½ tsp. celery seed  
salt to taste

Add Italian dressing when ready to serve.

## MUSHROOM-BACON SALAD

Hope Miller  
Blacksburg, Virginia

1 pound medium-size fresh mushrooms (not wild species)  
¼ cup green onions (3), thinly sliced  
⅔ cup salad oil or olive oil

4 Tbsps. lemon juice  
1 tsp. Worcestershire sauce  
½ tsp. salt  
⅛ tsp. pepper  
½ tsp. dry mustard

Thinly slice mushrooms, cut from base to top. Blend rest of ingredients and pour over mushrooms, toss, cover and refrigerate at least 4 hours. Stir several times.

Just before serving, cook 12 slices of bacon until crisp. Toss with salad and lettuce broken into small pieces. Serves 6-8.

## POTATO SALAD PERFECTION

Wilma Hoekstra

4 hard-boiled eggs, sliced  
5 cups cooked potatoes, sliced  
¾ cup finely chopped onion  
1 carrot, finely chopped  
1 stalk celery, finely sliced or diced  
several radishes, sliced (set aside to garnish)

**Dressing:**  
1½ cups mayonnaise  
2 tsps. yellow mustard  
2 tsps. sugar  
2 tsps. vinegar  
1 tsp. celery seed

Blend all of the ingredients and then toss carefully until well blended with vegetables. Chill, garnish the top with sliced radishes.

## SOUR CREAM POTATO SALAD

14 small red potatoes, boiled and halved  
6 hard-boiled eggs, quartered  
 $\frac{1}{2}$  red pepper, chopped  
1 carrot shredded  
1 bunch green onions, thinly sliced including part of greens

Combine the first six ingredients. Season with the dill, parsley, salt and pepper. Mix the sour cream and dijon mustard, and gently fold into the potato mixture. Add more sour cream if mixture seems dry. Refrigerate several hours for flavors to blend.

Phyllis Danks

2 stalks celery, thinly sliced  
 $1\frac{1}{2}$  Tbsps. dill  
2 Tbsps. fresh parsley  
 $\frac{1}{2}$  tsp. salt  
fresh ground pepper  
 $1\frac{1}{2}$  cups light sour cream  
2 tsps. dijon mustard

## OVERNIGHT FIESTA SALAD

1 (15 $\frac{1}{2}$  oz.) can kidney beans, drained  
1 medium onion, chopped  
3 medium tomatoes, unpeeled and coarsely chopped  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup chopped green pepper

Layer first 9 ingredients in order listed in a large salad bowl. Cover tightly and refrigerate several hours or overnight. Top with corn chips; toss gently before serving. 8 servings.

Maxine F. Huffman

$\frac{1}{2}$  cup commercial French dressing  
1 head iceburg lettuce, torn into bite-size pieces  
 $1\frac{1}{2}$  cups shredded cheddar cheese  
3 hard-cooked eggs, chopped  
1 cup crushed corn chips

## HOMESTEAD SALAD

$\frac{1}{2}$  cup sugar  
1 heaping Tbsp. flour  
1 heaping Tbsp. mustard  
 $\frac{1}{2}$  cup cider vinegar  
1 pkg. frozen mixed vegetables

Mix sugar, flour and mustard in small saucepan. Stir vinegar in slowly, cook stirring constantly until smooth, thick and clear. Allow to cool as you prepare mixed vegetables, following package directions. Put into strainer and shower with cold water. Add kidney beans. Mix celery, pepper and onion with beans and vegetables, pour sauce over all. Mix well, salt to taste. Cover and refrigerate for 24 hours. Serves 8.

Maribelle Van Tuyl

1 (15 oz.) can kidney beans, drained and rinsed  
1 cup chopped celery  
 $\frac{1}{2}$  cup green peppers  
 $\frac{1}{4}$  onion

## VEGETABLE SALAD

Mary Kuyper

1 can French green beans  
1 can mushrooms  
1 diced red pepper  
1 can bean sprouts

1 can tiny peas  
1 can water chestnuts  
1 cup diced celery  
1 onion, sliced

Drain all vegetables. Heat to dissolve  $\frac{3}{4}$  cup sugar with  $\frac{3}{4}$  cup vinegar. Cool. Pour over vegetables, cover and refrigerate for several hours or overnight.

## MARINATED VEGETABLES

Ruth Van Ee Saholt  
Whitefish, Montana

Combine well drained:

1 can green beans  
1 can kidney beans  
7 oz. can ripe olives, pitted  
8 oz. can (or raw) mushrooms  
1 jar pimiento  
 $1\frac{1}{2}$  cups celery

15 oz. can marinated artichoke hearts, cut  
1 small onion, ringed  
cauliflower  
broccoli  
carrots

Mix together:

$\frac{3}{4}$  cup sugar  
 $\frac{2}{3}$  cup vinegar  
 $\frac{1}{3}$  cup oil

dash Tabasco  
1 teaspoon salt  
1 teaspoon pepper

Pour and stir lightly through vegetables. Chill thoroughly.

## VEGETABLE SALAD MEDLEY

Connie Hinga

1 small head cauliflower, sliced  
( $3\frac{1}{2}$  cups)  
3 cups thinly sliced carrots  
1 (10 oz.) pkg. frozen peas  
1 (8 oz.) can sliced water chestnuts (drained)  
 $\frac{1}{4}$  cup chopped green peppers  
2 Tbsps. chopped green onions

$\frac{1}{2}$  cup salad oil  
 $\frac{1}{2}$  cup vinegar  
1 Tbsp. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. dried, crushed basil  
 $\frac{1}{4}$  tsp. dried dillweed  
 $\frac{1}{8}$  tsp. pepper  
1 cup shredded cheddar cheese

Cook cauliflower and carrots, covered, in boiling salted water 4 minutes; add peas. Cover and cook 2 minutes more. Drain and cool. Mix cooked vegetables, water chestnuts, green pepper and onion. In screw-top jar combine oil, vinegar, sugar, salt, basil, dillweed and pepper. Cover; shake well. Pour over vegetables and chill. Just before serving, stir in cheese. Makes 10-12 servings.

## PASTA SALAD

Cook:

1 lb. fancy Rainbow Twirls pasta

Mix in:

2 Tbsp. (or to taste) salad seasoning

1 large bottle Italian dressing

Add:

4 oz. grated cheddar cheese  
diced green pepper

cut-up tomato  
diced cucumber

## BROCCOLI TORTELLINI SALAD

7 oz. pkg. cheese tortellini  
1 cup fresh broccoli florets  
½ cup finely chopped parsley  
1 Tbsp. chopped pimiento  
6 oz. jar marinated artichoke hearts, undrained  
2 green onions, chopped

2½ tsps. fresh or ¼ tsp. dried basil  
½ tsp. garlic powder  
½ cup prepared Italian dressing  
6 or more cherry tomatoes, halved  
sliced ripe olives  
grated Parmesan cheese

Cook tortellini until done; drain and rinse with cold water. In a large bowl combine all but last 3 ingredients. Cover. Refrigerate 4-6 hours.

Before serving add tomatoes, garnish with olives, and sprinkle with Parmesan cheese. Makes 6 cups.

## SPRING SALAD

2 (7 oz.) boxes shell macaroni,  
cooked and drained  
1 large cucumber, diced  
1 onion, chopped fine  
3 medium carrots, grated  
3 ribs celery, sliced thin

1 green pepper, chopped  
**Dressing:**  
2 cups mayonnaise (Miracle Whip)  
1 cup sugar  
1 cup white vinegar  
1 can sweetened condensed milk

Combine vegetables and macaroni shells in a large mixing bowl. Pour dressing over ingredients and toss to coat. Serves 12-15. (Will keep two weeks in refrigerator.)

## SUPER MACARONI

2 (8 oz.) pkgs. Riotini macaroni  
1 large, chopped green pepper  
1 can sweetened condensed milk  
1 cup vinegar  
1 tsp. salt

1 onion, chopped  
4 carrots, shredded  
1 cup sugar  
2 cups mayonnaise  
¼ tsp. pepper

Cook macaroni as directed on package. Drain and cool, then add peppers, carrots and onion in bowl. Combine all other ingredients together well to make sauce. Pour over macaroni mixture and mix well. Chill 4 hours. Keeps well in refrigerator for several days.

Glenda Duven

Marcie Bremer  
Scottsdale, Arizona

Jane Goldsworthy  
Cresco, Iowa

Arvilla Verwers

## **CRAB AND RICE SALAD**

**Marcie Bremer  
Scottsdale, Arizona**

1 (7½ oz.) can crabmeat
3 cups cooked rice
1 (10 oz.) pkg. frozen small peas, cooked slightly
4 stalks celery, finely chopped
½ cup sliced green onions
½ cup sour cream

1 cup mayonnaise
1 Tbsp. Spice Island salad seasoning
1 Tbsp. fresh lemon juice
salt and pepper to taste
bibb lettuce leaves
curry powder for garnish

Combine crab, rice, peas, celery, green onions, sour cream, mayonnaise, salad seasoning, lemon juice, salt and pepper to taste. Chill 24 hours. Serve on leaf of lettuce and sprinkle lightly with curry powder. Serves 4.

## **CURRIED TUNA SALAD IN MELON BOATS**

**Jo Harmeling**

2 (7 oz.) cans waterpacked tuna
1¼ cups coarsely chopped walnuts
1 cup chopped celery
¼ cup finely chopped green onions
½ cup mayonnaise

1 to 2 tsp. fresh lemon juice
½ tsp. curry powder
salt to taste
2 cantaloupes

For four servings you will need two ripe cantaloupes, cut into halves (seeds removed, of course). It is best to assemble the salad not more than one hour before serving time.

Put the contents of two 7 oz. cans of waterpacked tuna into a serving bowl, add walnuts (black walnuts are best), celery, green onion and mayonnaise. Toss gently, then add lemon juice, curry powder and salt to taste.

Toss again, cover and chill in refrigerator. Just before serving, divide the tuna mixture among the melon halves, and garnish with parsley sprigs, if desired.

## **NEW TWIST TUNA SALAD**

**Sharon Hanssen  
Muscatine, Iowa**

2 (10 oz.) pkgs. frozen French green beans
2 cans fancy Albacore tuna (in spring water)
2 cups thinly sliced celery
½ cup mayonnaise
½ cup salad dressing

dash garlic powder
2 tsps. lemon juice
3 tsps. soy sauce
2 cups chow mein noodles
1 pkg. slivered almonds
lettuce cups

Cook beans according to package directions, drain and cool. Absorb excess water in paper towel. Combine beans, tuna, celery, mayonnaise, salad dressing, lemon juice, soy sauce, garlic powder and slivered almonds. Chill.

Before serving add noodles to tuna mixture, toss lightly. Serve in lettuce cups. Serves 8.

## BAKED CHICKEN SALAD

4 cups cubed chicken  
½ cup toasted almonds  
2 Tbsps. grated onion  
½ cup mayonnaise  
2 Tbsps. lemon juice  
1½ cups chopped celery

½ tsp. salt  
½ cup green pepper  
2 Tbsps. chopped peanuts  
1 can cream of chicken soup  
½ cup grated American cheese  
1 cup crushed potato chips

Combine all ingredients except cheese and potato chips and bake in 300° oven for 30 minutes. Place ½ cup grated American cheese and 1 cup crushed potato chips on top. Turn oven to 350° for 30 minutes.

## Mrs. Robert Ray's CHICKEN-ARTICHOKE SALAD

2 cups diced, cooked chicken  
1 pkg. chicken-flavored  
Rice-A-Roni, prepare as on  
package, omitting butter  
6 green onions, sliced  
¼ cup stuffed green olives, sliced

## (Pella Collector's Cookbook, a favorite of Jay Vermeer)

½ cup chopped green pepper  
2 jars (6 oz.) marinated artichoke  
hearts, drain juice and save  
¼ tsp. curry powder  
½ cup mayonnaise

Combine Rice-A-Roni, onions, green pepper and olives. Mix with marinade, mayonnaise and curry. Add sliced artichokes and chicken. Toss lightly.

## MACARONI-CHICKEN SALAD

1 chicken, cooked and cut up  
1 (16 oz.) package elbow macaroni  
8 cups water  
1 tsp. salt  
½ green pepper, chopped

## Peggy Pierson

2 cups celery, sliced  
¾ cup sweet pickle relish  
2 Tbsps. onions, scraped  
½ cup French dressing  
1½ cups mayonnaise

Cook macaroni in a 4-qt. saucepan. Add salt, bring to a rapid boil. Stir, cover and boil until tender. Drain and cool. Mix celery, chicken, relish, onion and dressing. Blend with mayonnaise. Mix with macaroni. Chill.

## FRUITED CHICKEN SALAD

4 cups diced chicken breast  
1 (15 oz.) can chunk pineapple,  
drained  
1 (11 oz.) can mandarin oranges,  
drained  
½ cup chopped green pepper  
(optional)

## Jo Harmeling

½ cup ripe olives, quartered  
2 Tbsps. minced onions  
1 cup mayonnaise  
1 Tbsp. prepared mustard  
8 oz. can peas, drained (yes, peas,  
this is a necessary ingredient)

Combine, cover and chill. Before serving sprinkle with chow mein noodles.

## **CELESTIAL CHICKEN SALAD**

**Heidi Van Hemert**

4 cups diced, cooked chicken	1 cup mayonnaise
2 cups diced celery	1 cup sour cream
½ cup pecan pieces, toasted	1 tsp. salt
halved green grapes	2 Tbsps. lemon juice

Combine chicken, celery, pecans and grapes in large bowl. Blend mayonnaise with remaining ingredients. Add to chicken mixture. Chill thoroughly. Great in pita bread.

Note: To toast pecans, place in shallow baking pan in preheated 350° oven for 10-15 minutes.

## **CHICKEN, PEAR & RASPBERRY SALAD**

**Phyllis Danks**

3 Tbsps. canola oil	¾ cup celery, sliced
½ cup slivered almonds	½ cup green onions, sliced
1 lb. chicken breasts, boned, skinned and cut into strips	2 ripe pears, cut into slices
4 cups red leaf lettuce	raspberries for garnish

Saute the almonds in half the oil and drain on paper towels. Stir-fry the chicken strips in the remaining oil and season. On serving plates arrange the lettuce with celery and green onions; mound the chicken and surround with the pears. Sprinkle with almonds and raspberries.

Serve with dressing: in a saucepan heat together 3 Tbsps. raspberry preserves, ½ cup canola oil, 3 Tbsps. cider vinegar, 1 Tbsp. light sour cream, 1 tsp. poppy seeds, and salt to taste.

## **BEEF VINAIGRETTE IN SOUR CREAM**

**Dody Boat**

¼ cup red wine vinegar	1 small onion, thinly sliced
¼ cup water	1 cup commercial sour cream
2 Tbsps. lemon juice	½ tsp. salt
2 Tbsps. sugar	dash of white pepper
¼ tsp. dill seed	lettuce, pimiento, lemon wedges
½ pound cooked rare roast beef	

Combine first 5 ingredients in saucepan. Simmer 10 to 15 minutes. Cut roast beef into thin strips, about ¼-inch wide and 2 inches long. Alternate beef strips and onion rings in bowl. Pour marinade over and chill several hours or overnight.

Fold in sour cream, salt and pepper. Serve on lettuce with lemon wedges. Garnish with pimiento.

## CORNED BEEF SALAD

2 (3 oz.) pkgs. lemon jello  
3 cups water (2 cups hot and  
    1 cup cold)  
2 Tbsps. vinegar  
1 (8 oz.) pkg. cream cheese

Put all in blender. When slightly set add: 3 diced hard-cooked eggs and 1 can corned beef. Put in 13x9" dish.

### Topping:

½ carton sour cream

Decorate with sliced, stuffed olives. Refrigerate. Serve on lettuce leaf. Serves 8-9.

Bernice Vander Ploeg

1 cup Miracle Whip  
1 Tbsp. diced onion  
1½ Tbsps. diced green pepper  
1 cup chopped celery

## SUPER COLE SLAW DRESSING

Mildred Steele

Put into a blender:

1 small bunch of green onions (tops and all except roots), washed and cut into chunks or 1 medium peeled onion  
½ cup sugar (may substitute artificial sweetener for part of sugar)  
1 cup corn or canola oil

Blend until quite smooth. Add to the blender mixture:

another ½ cup sugar	½ tsp. celery salt
½ cup cider vinegar	1 tsp. salt
½ cup light mayonnaise	

Blend until mixture is smooth and rather thick. Store in a plastic container with a lid. Will keep refrigerated for several weeks. When ready to use, shake well and pour some of the dressing over shredded or chopped cabbage and toss.

## HOT BACON DRESSING

Milly Vande Kieft

1 egg	¼ cup vinegar
½ cup sugar	¼ cup water

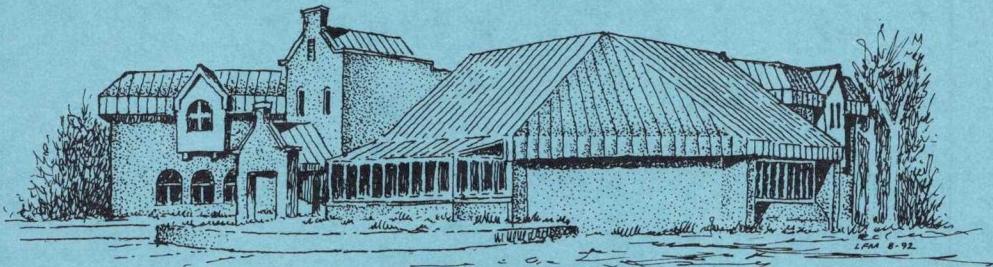
Beat egg slightly, add sugar, vinegar and water. Cook until it coats a spoon. Watch closely. Add crumbled bacon and pour over lettuce while dressing is hot.

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# VEGETABLES

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Edited by Artie Van Zee and Elsie Blom

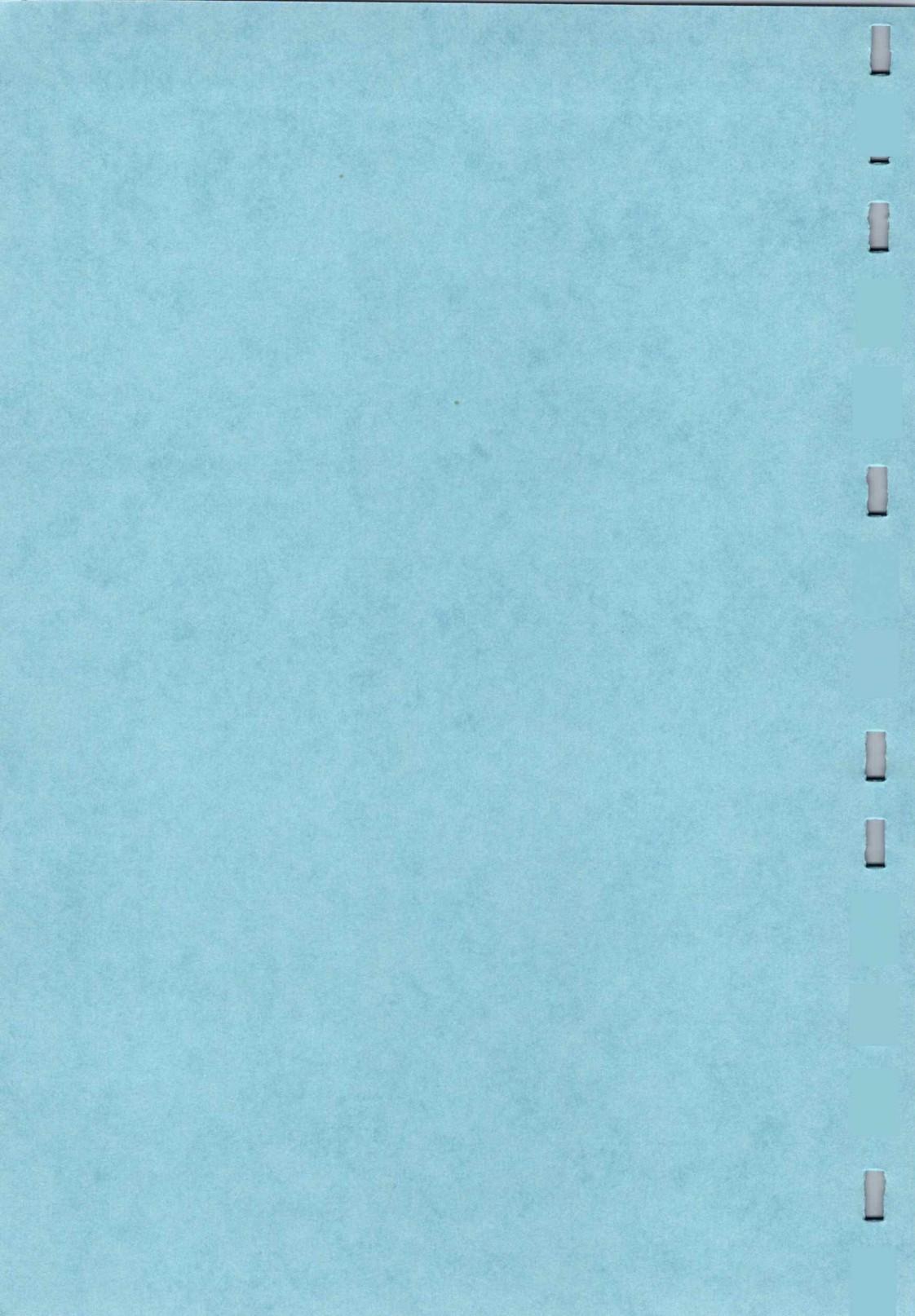


## MAYTAG STUDENT CENTER CENTRAL COLLEGE • PELLA

### MAYTAG STUDENT CENTER

Opened in 1990, the Maytag Student Center is named for Fred Maytag II, who served as president of the Maytag Company in Newton from 1940 to 1962. The building is a daily campus gathering place. The focus of the center is the attractive atrium and main lounge near the entrance. Through the personal involvement of Ellen Maytag Madsen, the atrium is often used for campus art displays. Adjacent is Grand Central Station, a snack bar by day and campus entertainment center at night. The Maytag Center also houses the Central Shoppe—the campus bookstore—the Boat-Moore-Weller meeting rooms, Dutchman's Arcade game room, van Emmerik Studio for video presentations, Student Life offices, and the campus post office.





**Mrs. Gil Boat's ASPARAGUS-PEA CASSEROLE**      (Dutch Treats,  
**a favorite of Dorothy Bosch, adapted for microwave)**

2 pkgs. frozen peas	4 Tbsps. flour
1 pkg. frozen asparagus	2 cups milk
1 can mushrooms, drained	1/4 tsp. salt
4 Tbsps. butter	

Cook vegetables and arrange in casserole. Saute mushrooms in butter. Make white sauce from butter, flour, milk and salt. Pour over vegetables and top with buttered bread crumbs or crushed potato chips. Bake 30 minutes at 350° or heat in microwave.

**ASPARAGUS POINTS**

1 loaf thin-sliced bread  
1 (8 oz.) container whipped cream cheese  
melted margarine or butter

**Geraldine Vander Pol Wagoner  
Patterson, New Jersey**

sesame seeds  
thin stalks canned asparagus,  
drained well

Trim crusts from bread. Butter one side of bread. Lay buttered side down and roll flat with rolling pin. Spread top side with cream cheese. Place two or more (depending on size) asparagus stalks diagonally across bread. Fold opposite corners of bread up and over asparagus; secure. Place on cookie sheet. Sprinkle with sesame seeds. Toast at 400°. Serves 5 to 10.

**SCALLOPED ASPARAGUS**

1 (16 oz.) can asparagus tips  
1 small can sliced carrots  
5 hard-boiled eggs, sliced  
buttered bread crumbs (about 5 slices)

**Norma Gaass**

**WHITE SAUCE:**  
4 Tbsps. butter  
4 Tbsps. flour  
2 cups milk (or part asparagus water)  
salt and nutmeg

Mix asparagus, carrots and eggs in white sauce. Top with buttered bread crumbs. Heat in 350° oven about ½ hour.

**BEAN CASSEROLE FOR CROCKPOT**

1 (16 oz.) can kidney beans  
1 (16 oz.) can pork and beans  
1 (16 oz.) can butter beans  
1 cup ketchup  
½ cup brown sugar

1 tsp. Liquid Smoke  
salt and pepper  
1 lb. hamburger  
1 onion, chopped  
½ lb. bacon

**Nora Stark**

Place beans, ketchup, brown sugar, Liquid Smoke, salt and pepper in crockpot. Brown hamburger and drain; saute onion; cook bacon and crumble. Put all in crockpot. Cook on low 4 to 8 hours. Can be served over hamburger buns.

## **GREEN BEANS**

**Evelyn Beyer**

1 (1 lb.) can cut green beans	1 Tbsp. oleo
3 strips bacon, microwaved and crumbled	1 tsp. sugar
1 Tbsp. vinegar	1 tsp. mustard
1 Tbsp. flour	2/3 cup liquid from beans

Cook vinegar, flour, oleo, sugar, mustard and liquid. Stir in beans. Sprinkle bacon over top.

## **GREEN BEAN CASSEROLE**

**Glenys Schouten**

2 (10 oz.) boxes frozen green beans	1 (10 oz.) can cream of mushroom soup
1 cup shredded carrots	1 cup shredded cheddar cheese
1 onion, chopped	

Layer in casserole dish in order given. Bake at least 1 hour at 350°. Serves 6 to 8.

## **GREEN BEAN-TOMATO BAKE**

**Josephine De Jong**

1 cup cracker crumbs	1 tsp. salt
1 (16 oz.) can whole tomatoes, drained with liquid reserved	dash pepper
3 Tbsps. flour	4 slices crisp-cooked bacon, crumbled
1 (10 oz.) can cream of mushroom soup	1 (16 oz.) can whole green beans, drained
1 cup sour cream	2 Tbsps. butter
1 small onion, chopped	

Sprinkle ½ cup cracker crumbs on bottom of buttered 1½-quart casserole dish. Blend tomato juice and flour. Stir in soup, sour cream, onion, salt, pepper and bacon to make a sauce. Alternate layers of beans, tomatoes and sauce in casserole dish. Sprinkle remaining cracker crumbs on top. Bake at 350° for 30 minutes.

## **PARMESAN GREEN BEANS**

**Betty Sikkink**

**Apple Valley, Minnesota**

3 cups fresh green beans	1/4 - 1/3 cup grated parmesan cheese
2 to 3 Tbsps. butter or margarine	dash garlic powder

Blanch beans in boiling water for 1 to 2 minutes. Drain. Melt butter. Add beans and toss so beans are buttered. Sprinkle with cheese and continue stirring until cheese coats beans. Add garlic powder and cook 1 to 2 minutes until cheese just begins to brown. Serve immediately or may be served chilled. Serves 4 to 6.

**BROCCOLI-CAULIFLOWER-SPINACH CASSEROLE** Alberta Vermeer

1 (10 oz.) pkg. frozen broccoli	1 cup shredded cheese
1 (10 oz.) pkg. frozen cauliflower	1 can cream of celery soup
1 (10 oz.) pkg. frozen spinach	1 pkg. croutons

Cook vegetables and drain. Put into greased casserole dish. Melt cheese in soup and pour over vegetables. Top with croutons. Cover. Bake at 350° for 30 minutes.

**BROCCOLI-CHEESE CASSEROLE**Ruth Van Ee Saholt  
Whitefish, Montana

1 (20 oz.) pkg. frozen chopped broccoli	½ tsp. salt
1 can cream of mushroom soup	1 Tbsp. instant minced onion
½ cup mayonnaise	½ tsp. lemon pepper
1½ to 2 cups grated Cheddar cheese	1 cup sliced fresh mushrooms (optional)
2 eggs, beaten	1 cup cheese cracker crumbs
	2 Tbsps. butter

Cook broccoli in salt water for 5 minutes. Drain and combine with all ingredients except butter and cracker crumbs. Turn into 1½-quart shallow casserole. Top with cracker crumbs and dot with butter. Bake at 350° for 35 to 40 minutes. Serves 8. (Note: I use fresh broccoli, approximately 6 cups cut-up before cooking. Then use 2½-quart casserole.)

**BROCCOLI-RITZ BAKE**

Glenda Duven

2 large (16 oz.) bags frozen broccoli	Ritz crackers, crushed
American cheese squares	½ cup oleo, melted

Boil broccoli for 3 minutes. Drain and put into 9x13" baking dish. Cover broccoli with cheese squares. Crush Ritz crackers and sprinkle a light layer over cheese. Pour oleo over cracker crumbs. Bake at 325° for one hour. Serves 8 to 10.

**RED CABBAGE**

Alberta Wing

1 medium head red cabbage, shredded	½ to ½ cup brown sugar
2 to 4 Tbsps. bacon fat or butter	½ to ½ cup vinegar

salt (optional)

Braise cabbage in fat until tender, about 10 to 15 minutes. Stir in sugar and vinegar. Reheat and serve. (The amount of fat, sugar and vinegar depends on the amount of cabbage.)

Thinly sliced carrots and onions braised together in bacon fat or butter are also good.

**SWIFT BEANS**

1 lb. bacon, diced  
¾ cup brown sugar  
½ cup vinegar  
2 tsps. dry mustard  
grated onion

**Glenda Duven**  
1 (16 oz.) can lima beans, drained  
1 (16 oz.) can butter beans, drained  
1 (16 oz.) can kidney beans, drained  
1 (32 oz.) can pork and beans,  
undrained

Brown bacon and drain. Add brown sugar, vinegar, dry mustard and onion. Simmer for 10 minutes. Combine with beans and pour into large casserole. Bake at 325° for 1½ hours, stir during baking.

**BEETS WITH RAISINS**

**Marie Hall Van Leeuwen**  
**Hanover, Indiana**

1 (1 lb.) can sliced or diced beets  
½ cup light or dark raisins  
1 tsp. cornstarch (more if needed)

2 Tbsps. butter  
¼ cup sugar  
3 Tbsps. lemon juice

Drain beets; reserve ½ cup liquid. In saucepan combine beet juice and raisins. Cover. Simmer until raisins swell, 3 to 5 minutes. Mix sugar and cornstarch; add to juice mixture; add lemon juice and butter. Cook over medium heat until thick. Add beets. Heat to boiling. Serves 6 to 8.

**BROCCOLI BAKE DISH**

2 (10 oz.) pkgs. frozen cut  
broccoli  
1 can cream style corn

1 can cream of mushroom soup,  
undiluted  
2 cups herb bread dressing

Cook broccoli as directed on box. Do not drain. Very lightly toss together all ingredients and pour into well buttered baking dish. Bake at 350° for 25 minutes. Serves 8.

**BROCCOLI CASSEROLE**

1 (10 oz.) pkg. chopped, frozen  
broccoli  
½ cup cream of mushroom soup  
½ cup Miracle Whip  
1 small onion, chopped

**Ruby Van Vark**  
½ cup grated American cheese or  
Velveeta cheese  
1 egg, well beaten  
12 to 15 Ritz crackers, crushed  
2 Tbsps. butter, melted

Partially cook broccoli in salted water. Drain well. Mix soup, broccoli, Miracle Whip, onion, cheese and egg. Pour into greased casserole dish. Mix crackers and butter. Sprinkle crumbs on top. Bake at 350° for 20 minutes.

**CARROT CASSEROLE****Shirely Weller**

2 lbs. carrots	½ cup butter or margarine, melted
4 Tbsps. grated onions	1 tsp. salt
1½ tsps. horseradish	¼ tsp. pepper
½ cup mayonnaise	
1 cup dried bread crumbs	½ cup liquid from carrots

Scrape and dice carrots, boil carrots in salted water until crisply done. Drain and reserve ½ cup liquid. Place in 2-quart casserole. Mix liquid, onion, horseradish, mayonnaise, salt and pepper. Pour over carrots. Top with bread crumbs and pour melted margarine over all. Bake at 375° for 20 minutes or until slightly brown. Serves 8.

**CARROT CASSEROLE****Doris Vande Voort**

4 cups sliced carrots	1 can cream of celery soup
1 medium onion, chopped	crushed potato chips
1 cup cubed Velveeta cheese	

Cook sliced carrots for 15 minutes. Drain. Put into 9" square buttered baking dish. Mix onion, cheese and undiluted soup. Mix with carrots and top with crushed potato chips. Bake at 350° for 35 to 40 minutes. (My family's favorite way to eat carrots).

**CARROTS AND SNOW PEAS****Esther Roorda**

½ lb. snow peas	2 Tbsps. oil
2 large fresh carrots	salt to taste

Trim peas. Peel carrots, cut in 2½" lengths and julienne by hand or use food processor. Bring pan of water to boil. Throw in peas and count to ten. Remove peas with slotted spoon and transfer to bowl of ice water. Add carrots to boiling water. Cook 1 to 2 minutes and transfer to ice water. Drain both vegetables. This can be done in advance. Just before serving, heat oil in large skillet or wok. Add vegetables, cook, tossing frequently, for two minutes or until heated through. Season and serve in heated vegetable dish.

**COOKED CARROTS****Viola Van Wyk**

6 carrots, scraped and sliced	white sauce
1 small onion, sliced	

Cook carrots and onion in salted water until tender. Make white sauce, pour over cooked vegetables. Bring to boil and serve.

**ESCALLOPED CARROTS & GREEN BEANS**      Maxine F. Huffman

4 cups sliced carrots	½ tsp. salt
1 cup cut green beans	¼ tsp. pepper
1 medium onion, chopped	½ cup grated cheddar cheese
3 Tbsps. margarine	2 cups herb stuffing
1 can cream of celery soup	½ cup margarine, melted

Cook both carrots and green beans in salted boiling water until tender. Drain. Cook onion in 3 Tbsps. margarine until soft. Stir in soup, salt, pepper and cheese. Add carrots and green beans. Place in 2-quart casserole. Toss bread stuffing with ½ cup melted margarine. Spoon over carrot mixture. Bake at 350° for 20 minutes.

**MARINATED CARROTS**

JoAnn Fish  
Raleigh, North Carolina

4 cups diced carrots	1 tsp. Worcestershire sauce
1 can tomato soup	1 tsp. dry mustard
1 medium onion, diced	½ tsp. salt
1 pepper, diced	½ tsp. pepper
½ cup vegetable oil	¾ cup vinegar
1 cup sugar	

Crisp-cook carrots. Mix other ingredients. Pour over carrots. Marinate several hours or overnight.

**GINGERED CARROTS**

Arvilla Verwers

5 or 6 carrots	¼ cup butter or margarine
½ tsp. ground ginger	2 Tbsps. chopped fresh parsley
1 tsp. sugar	

Peel carrots and cut in chunks. Cook carrots in small amount of water until almost tender. Drain. Combine ginger, sugar and butter with cooked carrots. Heat over low heat until carrots are warm and coated with sauce. Sprinkle with parsley. Serve immediately.

**MINT-GLAZED CARROTS AND PEAS**

Connie Hinga

1 lb. carrots, scraped and thinly sliced	1 to 2 Tbsps. jellied mint sauce ⅛ tsp. pepper
2 Tbsps. butter or margarine	1 (10 oz.) pkg. frozen peas, thawed
¼ cup sugar	1 Tbsp. chopped fresh parsley

Cook carrots in boiling water 5 minutes. Drain and set aside. Combine butter, sugar, jellied mint sauce and pepper in medium saucepan. Cook over low heat stirring constantly 1 minute or until sugar dissolves. Gently stir in carrots and peas. Cook over low heat, uncovered, 6 minutes or until carrots are crisp-tender, stirring occasionally. Spoon into serving bowl. Sprinkle with parsley. Serves 6.

**Mert Tysseling's  
CAULIFLOWER WITH ALMONDS**

4 Tbsps. flour  
4 Tbsps. butter, melted  
2 cups milk  
 $\frac{1}{4}$  tsp. salt  
1 head cauliflower

**(Pella Collectors' Cookbook,  
a favorite of Jay Vermeer)**

$\frac{1}{2}$  cup butter  
 $\frac{3}{4}$  cup almonds, toasted and  
chopped  
salt and pepper to taste

Make cream sauce: mix flour and butter and boil 3 minutes; add milk and cook for 5 minutes; season with salt. Cook cauliflower 10 minutes. Place in casserole. Pour cream sauce over and dot with butter. Sprinkle with nuts. Cover and bake 30 minutes at 350°.

**CAULIFLOWER AND BROCCOLI BAKE**

**Nora Stark**

1 bunch of broccoli  
 $\frac{1}{2}$  head of cauliflower  
1 can cream of mushroom soup  
 $\frac{1}{3}$  soup can of milk

1 (8 oz.) pkg. shredded cheddar  
cheese  
1 cup bread crumbs

Boil broccoli and cauliflower until tender. Drain. Put in buttered casserole dish. Add soup. Pour milk over vegetables. Layer  $\frac{1}{2}$  of cheese, bread crumbs and rest of cheese. Bake at 350° for 20 to 30 minutes.

**CELERY CASSEROLE**

**Mary Jane Banfield**

1 large bunch pascal celery, cut  
into 1" pieces (6 cups)  
 $\frac{1}{2}$  cup water  
1 tsp. salt  
1 (8 oz.) can water chestnuts

1 can cream of mushroom soup  
 $\frac{1}{4}$  cup butter  
1 cup coarse bread crumbs or  
rusks  
 $\frac{1}{2}$  cup slivered almonds

Place celery, water and salt in pan. Heat to boiling, lower heat, cover and simmer 10 minutes. Drain and put into casserole dish. Drain liquid from water chestnuts and slice. Mix with undiluted soup and stir into celery. Melt butter in skillet, blend in bread crumbs and almonds. Sprinkle over celery mixture. Bake uncovered at 350° for 20 minutes. Serves 8.

**Mrs. Paul Farver's  
FAR EAST CELERY**

**(dat is lekker cookboek, a favorite  
of Helen Glendening & Esther Roorda)**

4 cups celery  
(cut in 1" slices)  
1 (5 oz.) can water chestnuts,  
drained, thinly sliced  
1 can cream of chicken soup  
 $\frac{1}{4}$  cup diced pimiento

$\frac{1}{2}$  cup soft bread crumbs  
(2 slices)  
 $\frac{1}{4}$  cup toasted slivered almonds  
2 Tbsps. melted butter  
salt to taste

Cook celery in small amount of boiling, salted water about 7-8 minutes until tender crisp. Drain. Mix celery, water chestnuts, soup pimiento and season with salt. Place in 1-quart casserole. Toss bread crumbs with almonds and butter. Sprinkle over celery. (I also add chow mein noodles.) Bake in 350° oven for 35 minutes. Serves 6.

**CORN-BROCCOLI CASSEROLE**

1 egg, slightly beaten  
1 (10 oz.) pkg. frozen chopped broccoli, partially thawed  
1 (8 oz.) can cream style corn  
1 Tbsp. grated onion

Grease 1-quart casserole. Combine egg, broccoli, corn, onion, salt and pepper. Melt butter, stir in stuffing mix. Combine  $\frac{3}{4}$  cup stuffing with vegetable mixture. Pour into casserole. Sprinkle with remaining stuffing. Bake uncovered at 350° for 30 to 40 minutes. Serves 6.

**Connie Hinga****CORN-BROCCOLI CASSEROLE**

1 egg  
salt and pepper  
1 (10 oz.) pkg. frozen chopped broccoli

Beat egg. Add salt and pepper. Combine with corn. Arrange in layers in casserole dish—broccoli, corn, cheese. Bake at 350° for 30 minutes. (If you double the recipe, use 1 can cream style corn and 1 can whole kernel corn, drained.)

**Frances Heusinkveld  
Storm Lake, Iowa**

1 can cream style corn  
Velveeta cheese  
 $\frac{3}{4}$  cup butter cracker crumbs

**CHERI'S CORN PUDDING**

3 cans whole kernel corn  
1 can cream style corn  
4 eggs beaten  
1 stick butter or margarine, melted  
1 cup sugar

Drain water, if any, from whole corn; set aside. In large bowl mix eggs, butter or margarine and sugar. Add flour, nutmeg, salt and pepper. Add corn and diced peppers. Mix all well. Put in greased casserole dish and bake in moderate oven (325° or 350°) about 1 hour, or until pudding is set and slightly brown. Serves 12 to 15.

**Mrs. Manfred Byrd, Jr.  
Chicago, Illinois**

3 Tbsps. flour  
1 tsp. nutmeg  
 $\frac{1}{2}$  green pepper, diced  
 $\frac{1}{2}$  red pepper, diced  
pinch of salt or  $\frac{1}{4}$  tsp.  
 $\frac{1}{4}$  tsp. cayenne pepper

**GRANDMA'S SCALLOPED CORN**

$\frac{3}{4}$  cup milk  
2 Tbsps. Cheese Whiz  
1 can cream style corn

Warm milk and dissolve Cheese Whiz in milk. Add corn and macaroni. Pour into greased casserole dish. Dot with butter. Bake at 350° for one hour. (To shortcut this recipe, cook macaroni, eliminate milk, heat ingredients in heavy pan until cheese is dissolved. Bake only one-half hour until bubbly hot and golden brown.)

**Wilma Hoekstra**

1 can whole kernel corn, drained  
 $\frac{3}{4}$  cup uncooked macaroni  
butter

**SCALLOPED CORN****Joan Schafer**

2 (1 lb.) cans cream style corn	1 tsp. sugar
2 (1 lb.) cans whole corn	1 tsp. salt
minced onion	½ tsp. pepper
2 eggs, beaten	½ cup sour cream
1 cup bread crumbs	½ stick butter, melted

Combine ingredients. Pour into 13x9" pan. Bake at 350° for 20 minutes.

**SCALLOPED CORN****Eleanor Peterson  
Shenandoah, Iowa**

1 (1 lb.) can cream style corn	2 eggs, beaten
1 (1 lb.) can whole kernel corn	2 pkgs. Jiffy corn muffin mix
½ lb. butter, melted	1 (6 oz.) carton sour cream

Combine ingredients. Pour into 2-quart greased casserole. Bake at 350° for 45 minutes.

**SCALLOPED CORN****Lorna De Geus  
Otley, Iowa**

¼ cup chopped onion	dash of pepper
2 Tbsps. butter	¾ cup milk
2 Tbsps. flour	1 (1 lb.) can whole kernel corn, drained (or 2 cups fresh corn)
1 tsp. salt	1 egg, slightly beaten
½ tsp. paprika	buttered crumbs for topping
¼ tsp. dry mustard	

Saute onion in butter until golden. Blend in flour and seasonings. Cook until bubbly. Remove from heat. Gradually add milk. Bring to boil, boil 1 minute, stirring constantly. Remove from heat. Add corn and egg, mix well. Pour into 1-quart baking dish. Top with buttered crumbs. Bake at 350° for 20 to 30 minutes. Serves 4.

**SCALLOPED CORN****Marilyn Van Zee**

1 (16 oz.) can cream style corn	1 cup soda crackers, finely rolled
1 (16 oz.) can whole kernel corn, drained	1 cup cheddar cheese
½ cup chopped onion	4 Tbsps. oleo, melted
⅔ cup milk	2 Tbsps. sugar
1 egg, well beaten	¼ tsp. pepper

Combine all ingredients. Mix well. Pour into buttered 2-quart casserole. Bake at 350° for 1 hour.

## RAW CUKES

Elsie Blom

7 cups sliced unpeeled cukes	2 cups sugar
1 cup sliced onions	1 tsp. salt
1 cup white vinegar	1 tsp. celery seed

Place cukes and onions in plastic container. Mix vinegar, sugar, salt and celery seed well and pour over cukes and onions. Seal and put in refrigerator. Keeps for weeks.

## CHEESE GRITS

Gretchen Bearce

1½ cups grits	2 tsps. salt
1 lb. sharp cheddar cheese, chunked	2 tsps. savory salt (Lawry's)
3 eggs, slightly beaten	dash worcestershire sauce
1 stick oleo	dash tabasco sauce

Cook grits as directed on package in 6 cups water. Remove from heat and add cheddar cheese, eggs and oleo. Stir until blended and melted. Stir in salts, worcestershire and tabasco. Pour into 13x9" greased baking dish. Bake at 300° for one hour. Serve hot. Serves 12-16.

## BAKED MUSHROOMS

Don Huffman

1 lb. small mushroom caps	3 Tbsps. parmesan cheese
2 Tbsps. lemon juice	1 cup milk
1 Tbsp. onion, finely chopped	2 egg yolks, lightly beaten
3 Tbsps. margarine	2 Tbsps. bread crumbs
salt and pepper to taste	paprika
1 Tbsp. flour	

Clean mushrooms. Sprinkle with lemon juice and saute with onion and margarine. Sprinkle with flour, salt, pepper and cheese. Cover and simmer 3 to 4 minutes. Put in baking dish. Combine milk and egg yolks; pour over mushrooms. Cover with bread crumbs and sprinkle with paprika. Bake for 20 minutes at 425°. Serves 6.

## MIXED MUSHROOM SAUTE

Don Huffman

6 ozs. morel mushrooms	⅔ cup margarine, melted
6 ozs. button mushrooms	1 tsp. dried Italian seasoning
6 ozs. chanterelle mushrooms	¼ tsp. salt
3 green onions, sliced	¼ tsp. pepper
1 clove garlic, minced	

Saute mushrooms, green onions and garlic in margarine in large skillet for about 8 minutes. Stir in seasonings. Serves 8.

## MUSHROOMS FLORENTINE

Don Huffman

1 clove garlic, chopped  
½ cup margarine  
1 lb. sliced mushrooms  
3 pkgs. frozen chopped spinach,  
thawed and drained

1 large onion, chopped  
salt to taste  
pepper to taste  
1 cup shredded cheddar cheese

Saute garlic in ¼ cup margarine; remove garlic and saute mushrooms. Combine spinach, onion and remaining margarine. Salt and pepper to taste. Place in a shallow baking dish. Sprinkle with half the cheese. Cover with mushrooms and then sprinkle with remaining cheese. Bake at 350° for 30 minutes. Serves 6 to 8.

## PECAN STUFFED MUSHROOMS

18 large fresh mushrooms  
¼ cup margarine (divided)  
2 Tbsps. vegetable oil  
2 Tbsps. minced onion  
5 slices bacon, cooked and  
crumbled

1 cup soft bread crumbs  
2 Tbsps. chopped pecans  
2 Tbsps. dry sherry  
2 Tbsps. sour cream  
2 tsps. minced chives

Clean mushrooms. Remove stems and reserve for other uses. Heat 2 Tbsps. margarine and oil in large skillet. Add mushroom caps and saute 3 minutes on each side. Remove caps, place on baking sheet. Melt 2 Tbsps. margarine in skillet. Add onion and saute until tender. Stir in remaining ingredients. Spoon mixture into mushroom caps. Broil 5 inches from heat for 2 to 3 minutes. Serves 6.

Maxine Huffman

## Verla Wehde's SCALLOPED MUSHROOMS

1 lb. fresh mushrooms,  
washed, drained, sliced  
2 cups soft French bread crumbs

(Dat is Lekker Kookboek, a  
favorite of Ilda Van Zee)

½ cup (¼ lb.) butter, melted  
salt and pepper  
⅓ cup dry white wine

Place about a third of the mushrooms in a buttered 1½-quart baking dish; cover with about a third of the bread crumbs, and drizzle about a third of the butter over the crumbs. Sprinkle with salt and pepper. Repeat; using another third of the mushrooms, crumbs and butter; add salt and pepper. For the top layer, cover with remaining mushrooms; sprinkle with salt and pepper; pour wine over all. Cover and bake at 325° for 25 minutes. Mix remaining butter and crumbs, and spoon over mushrooms. Bake uncovered, for 10 minutes longer, or until crumbs are toasted. Makes 6-8 servings. This casserole may be assembled ahead and baked just before mealtime.

## PARTY SCALLOPED ONIONS

4 (1 lb.) cans small white onions  
1/4 cup margarine, melted  
1/4 cup flour  
2 cups milk  
1/2 tsp. salt  
1/4 tsp. pepper

Make a basic white sauce with the margarine, flour, milk, salt and pepper. Bring to a boil and heat until it begins to thicken, stirring constantly. Add cheese and stir until melted. Add pimiento and parsley. Put onions in 2-quart casserole. Cover with sauce. Combine margarine with bread crumbs and sprinkle over onions. Bake 20 to 25 minutes at 375°. Serves 8 to 12.

**Kimberley Huffman**

1 cup cheddar cheese, grated  
1/4 cup pimiento, chopped  
2 Tbsps. parsley flakes  
3/4 cup bread crumbs  
1 1/2 Tbsps. margarine, melted

## PEAS AND ONIONS CASSEROLE

**Nellie Fish  
Rochester, Indiana**

2 (10 oz.) boxes frozen peas  
1/4 cup margarine (for white sauce)  
1/4 cup flour  
3/4 tsp. salt  
2 cups milk

1 cup whole small onions  
(canned, frozen or fresh)  
1 cup cornflake crumbs  
2 Tbsps. margarine (for topping)

Thaw peas and spread in 8x8x2" greased casserole. Make white sauce with margarine, flour, salt and milk. Add onions. Pour white sauce over peas. Toss cornflakes with 2 Tbsps. margarine and sprinkle over white sauce. Bake at 350° for 35 minutes or until bubbly. Serves 6.

## CHEDDAR CHEESE SCALLOPED POTATOES      **Mary Jane Banfield**

6 to 8 medium potatoes  
1/2 onion  
1 can cheddar cheese soup  
1 can cream of celery soup  
4 Tbsps. butter

1 (8 oz.) pkg. cream cheese  
1/2 cup milk  
salt and pepper to taste  
dash paprika  
1 (8 oz.) pkg. cheddar cheese

Slice potatoes in 13x9" baking dish. Mince onion and add with potatoes. Mix in a bowl: soups, milk and cream cheese. Add mixture to potatoes. Cut butter over top. Sprinkle salt, pepper and paprika over top. Bake at 350° for one hour and 15 minutes. Just before serving, sprinkle cheese over top. Optional: add ham with potatoes.

## CHEESE POTATOES

**Heidi Van Hemert**

1 (24 oz.) pkg. frozen shredded  
potatoes, thawed  
3 cups shredded cheddar cheese

3/4 stick of butter  
12 oz. evaporated milk

Layer potatoes, cheese, potatoes, cheese in large baking dish. Lay pieces of butter over top. Pour evaporated milk over all. Bake uncovered at 400° for 15 minutes; then bake at 350° for 30 minutes. (You may prepare potatoes and cheese; freeze or refrigerate; when ready to use, bring to room temperature, add butter and milk; bake as directed.)

### CROCKPOT POTATOES

2 lbs. frozen hashbrown potatoes  
1 cup chopped onion  
 $\frac{1}{4}$  cup margarine  
 $1\frac{1}{2}$  cups grated cheddar cheese

Mix all ingredients except potatoes. Add potatoes and put all in crockpot. Cook 8 $\frac{1}{2}$  hours on low. Serves 8.

Mert Tysseling

$\frac{1}{2}$  pint (1 cup) sour cream  
1 can cream of mushroom soup  
 $\frac{1}{2}$  tsp. pepper

### "DUTCH" POTATOES

1 small onion, chopped  
1 Tbsp. fat  
3 or 4 potatoes, sliced

Brown onion in fat. Add potatoes, parsley, salt and pepper. Cover with water. Cook until tender. Serves 6.

Nellie Fish  
Rochester, Indiana

parsley if desired  
salt and pepper

### ESCALLOPED POTATOES

3 Tbps. butter  
1 Tbsp. flour  
3 cups milk

Melt butter in pan. Add flour, stirring constantly. Add milk slowly and continue stirring to avoid lumps. Season. Add potatoes, bring to boil. Transfer to greased baking dish. Bake slowly at 275° for 2 to 2 $\frac{1}{2}$  hours.

Fay Cahoon

salt to taste  
1 $\frac{1}{2}$  quarts peeled and sliced  
potatoes

### GOURMET POTATOES

6 medium potatoes  
2 cups shredded cheddar cheese  
 $\frac{1}{4}$  cup butter  
8 ozs. sour cream

Ardith Sutphen

$\frac{1}{2}$  cup chopped onion  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
paprika

Cook potatoes in skins. Cool, peel and shred coarsely. In saucepan over low heat, melt butter and cheese. Stir until almost melted. Remove from heat and blend in sour cream, onion, salt and pepper. Fold in potatoes and turn into greased casserole or 13x9" pan. Dot with butter and paprika. Bake at 350° for 30 to 40 minutes.

## HASH BROWN CASSEROLE

Lisa Fish, Des Moines, Iowa  
Gretchen Bearce, Mary Jane Banfield

2 lbs. frozen hashbrown potatoes	8 ozs. sour cream
½ cup oleo, melted	1 cup grated American cheese
1 tsp. salt	1 cup grated cheddar cheese
½ tsp. pepper	TOPPING:
2 Tbsps. dry minced onion	2 cups crushed cornflakes
1 can cream of chicken soup	¼ cup oleo, melted

Mix ingredients and place in 13x9" buttered casserole dish. Mix cornflakes and oleo. Sprinkle on potato mixture. Bake at 350° for 45 minutes to 1 hour.

Optional: use ½ cup chopped onion and 2 cups shredded cheddar cheese, or 1 cup chopped onion, 12 ozs. grated cheddar cheese and 12 ozs. sour cream.

## Marlys De Wild's PARTY POTATOES

(dat is lekker kookboek, a favorite  
of Helen Glendening and Ilda Van Zee)

8-10 medium russet potatoes	chives
1 (8 oz.) pkg. cream cheese	butter
1 cup sour cream	paprika
garlic salt	

Peel, cook, then drain potatoes. Beat cheese and sour cream until blended. Add hot potatoes. Beat until fluffy. Add milk, if necessary. Season with garlic salt and chives. Spoon into 2-quart casserole, brush with melted butter, sprinkle with paprika. Bake at 350° for 30 minutes. Can make night before or early in day. Allow more time in the oven.

## POTATO WEDGES

½ cup margarine
4 to 6 large baking potatoes
½ cup flour
¼ cup parmesan cheese

## Artie Van Zee, Norma Gaass

Seasoning (optional choice: salt, pepper, garlic salt, celery salt, paprika, herbs, etc.)

Scrub and slice potatoes lengthwise into wedges. Mix flour, cheese and your choice of seasonings. Toss potatoes with flour mixture. Melt margarine in 13x9" glass baking dish. Add potatoes; turn so all pieces are coated with margarine. Bake at 375° until tender and crispy brown, approximately 30 minutes. May turn potatoes halfway through baking time.

**TWICE COOKED MASHED POTATOES****Betty Van Wyk**

9 medium potatoes	$\frac{1}{4}$ cup milk
1 medium onion, chopped	$\frac{1}{4}$ stick margarine, melted
1 (12 oz.) pkg. cream cheese	dash garlic salt
1 (8 oz.) carton sour cream	

Peel potatoes, boil with onion in salted water. Drain, mash potatoes and onion. Add cream cheese, sour cream, milk, margarine and garlic salt; beat well. Put in buttered casserole dish. Bake at 350° for 30 minutes. (This freezes well: prepare and freeze, partially thaw before baking.) Serves 9.

**\*TWICE BAKED POTATOES****Elaine Jaarsma**

4 potatoes, baked	$\frac{1}{4}$ cup chopped green onions
2 cups low-fat cottage cheese	paprika

Preheat oven to 425°. Cut potatoes in half lengthwise. Scoop out insides. Place potato shells on cookie sheet and bake until crispy. Whip potato insides, cottage cheese and onions in mixer until fluffy. Fill potato shells with mixture, sprinkle with paprika. Bake until heated through. Makes a good lunch with a salad and fruit.

**WORLD FAMOUS POTATOES****Mary Jane Banfield**

6 large potatoes (2½ lbs.)	$\frac{3}{4}$ cup water
1 stick margarine	1 pkg. dry onion soup mix

Scrub (do not peel) and slice potatoes  $\frac{1}{4}$ " thick. Melt oleo in hot water and add soup mix. Layer potatoes and liquid in large casserole dish. Cover tightly. Bake at 350° for one hour.

**SWEET POTATO-CRANBERRY CASSEROLE****Nellie Fish  
Rochester, Indiana**

2 (17 oz.) cans sweet potatoes	$\frac{1}{2}$ cup brown sugar
2 (16 oz.) cans whole cranberry sauce	$\frac{1}{4}$ cup margarine, melted
	2 cups coarse bread crumbs

Slice potatoes. Stir cranberry sauce. Layer potatoes with sauce in buttered 1½-quart casserole. Combine margarine and brown sugar. Toss with bread crumbs. Spread over casserole. Bake at 350° for 35 to 40 minutes. Serves 10.

## **MANDARIN ORANGE-SWEET POTATO CASSEROLE**

**Maxine Huffman**

2 (29 oz.) cans sweet potatoes, drained	$\frac{1}{4}$ cup dark rum
6 Tbsps. margarine, melted (divided)	$\frac{1}{2}$ tsp. salt
8 Tbsps. brown sugar (divided)	1 (11 oz.) can mandarin oranges
	$\frac{1}{4}$ cup chopped pecans

Grease 2-quart casserole. With mixer at low speed or food processor, whip together sweet potatoes, 2 Tbsps. margarine, 4 Tbsps. brown sugar, rum and salt. Drain mandarin oranges, reserving  $\frac{1}{4}$  cup syrup. Add syrup to sweet potatoes; mix until smooth. Fold oranges into mixture, reserving several for the top. Place in greased 13x9" casserole. Arrange remaining orange sections on top. Combine 4 Tbsps. of brown sugar, 4 Tbsps. margarine and chopped pecans. Sprinkle over the top. Bake at 375° for 30-35 minutes. Serves 10.

## **WINTER SQUASH**

**Glady Strout**

2 (12 oz.) pkgs. frozen squash	$\frac{1}{3}$ cup brown sugar
4 Tbsps. margarine	$\frac{1}{2}$ tsp. cinnamon
1 tsp. salt	2 Tbsps. margarine
2 eggs, beaten	$\frac{1}{2}$ cup chopped pecans

Combine squash, 4 Tbsps. margarine and salt. Mix while heating and thawing over low heat. When thawed and mixed, add gradually to beaten eggs. Mix well. Turn into one-quart casserole. Combine sugar, cinnamon, 2 Tbsps. margarine and pecans and sprinkle over squash. Bake at 350° for 30 minutes.

## **EASY QUICK SPINACH**

**Elsie Maxam**

1 (10 oz.) pkg. frozen chopped spinach	$\frac{1}{2}$ can cream of mushroom soup
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Cook spinach as directed but be skimpy on water. When cooked, add undiluted soup. Heat and stir in well.

## **BAKED RUTABAGA PUFF**

**Hilda Risdam  
Oelwein, Iowa**

3 cups cooked and mashed rutabagas	2 tsps. sugar
1 tsp. salt	$\frac{1}{4}$ cup butter, melted
$\frac{1}{8}$ tsp. pepper	2 eggs, slightly beaten
	1 cup fresh bread crumbs

Combine all ingredients except bread crumbs. Whip until well blended. Stir in crumbs. Turn into greased 1-quart casserole. Bake at 325° for 50 minutes or until lightly browned and puffy. Serves 6.

## TOMATO PUDDING

1 large can tomato puree (3½ cups)	½ cup butter, melted
4 cups bread cubes, stale or fresh	1 tsp. salt
1½ cups brown sugar	½ cup water

Place bread cubes in buttered 1½-quart casserole. Pour melted butter over. Mix puree, water, sugar and salt together. Simmer 5 minutes. Pour over bread cubes. Bake at 375° for 45 minutes. Serve warm.

## STIR-FRIED VEGETABLES

1 Tbsp. oil	
1 onion, sliced into rings	
1 clove garlic, minced	
2 large carrots, coarsely grated	
1 zucchini, unpeeled and sliced	

Heat large skillet or wok until a drop of water jumps across the pan. Heat oil in pan. Saute onion rings and garlic until tender. Add carrots and zucchini, stir and cover. Cook for 2 to 3 minutes. Add the peppers, mushrooms and water chestnuts and stir for 1 to 2 minutes until tender and crisp. Add soy sauce and stir quickly for one minute. Serves 4.

## VEGETABLE CASSEROLE

1 can white shoe peg corn, drained	
1 can French-style green beans, drained	
1 can cream of celery soup	
1 (8 oz.) carton sour cream	

Mix all ingredients except cracker crumbs and butter. Put in greased pan. Bake at 350° for 30 minutes. Combine cracker crumbs and butter, sprinkle on top of casserole and bake for another 20 minutes.

## VEGETABLE CASSEROLE

1 (10 oz.) box frozen peas	
1 (10 oz.) box frozen broccoli	
1 (10 oz.) box frozen cauliflower	
2 Tbsp. oleo (for white sauce)	
2 Tbsp. flour	

Cook vegetables until just tender. Make white sauce: melt oleo, blend in flour and salt. Add milk all at once. Cook quickly, stirring constantly until mixture thickens. Add Velveeta cheese and stir until melted. Mix cheese sauce with vegetables and put in 12x8" greased pan. Melt ½ cup oleo; break up bread and dip in butter, put on top of vegetables. Bake at 350° for 30 minutes.

Gretchen Bearce

Elaine Jaarsma

1 sweet red pepper, cut in strips	
8 fresh mushrooms, sliced	
4 water chestnuts, sliced	
2 Tbsp. low sodium soy sauce	

Andrea Rouw  
Des Moines, Iowa

1½ cups grated cheddar cheese	
½ cup sauted onions	
½ cup sauted green peppers	
1½ cups butter cracker crumbs (about 24 crackers)	
1 stick butter, melted	

Joyce Hackert

¼ tsp. salt	
1 cup milk	
¼ lb. Velveeta cheese	
½ cup oleo (for topping)	
2 or 3 slices of bread	

**Mildren Kuyk's VEGETABLE MOLD -  
BROCCOLI, ASPARAGUS OR SPINACH****(Dutch Treats, a favorite  
of Jay Ver Meer)**

1 (4 oz.) can mushrooms	2½ tsps. salt
½ cup finely chopped onions	3 pkgs. of vegetables (broccoli, asparagus or spinach), cooked and chopped
2 Tbsp. margarine (butter)	
6 large eggs, slightly beaten	
6 Tbsp. coffee cream or rich milk	½ cup dry bread crumbs
¼ tsp. nutmeg	

Line loaf pan (4x9x2½") with heavy waxed paper and grease. Drain and chop mushrooms, saute with onions in margarine. Combine eggs and cream, then combine all. Drain and chop mushrooms, saute with onions in margarine. Combine eggs and cream, then combine all ingredients and beat with spoon for few seconds until thoroughly blended. Pour mixture into prepared pan. Place in larger pan of hot water. Bake 1¼ hours at 350°. Unmold on platter, brush with melted butter and garnish with hard-cooked eggs. Serves 10.

**WILD RICE****Viola Van Wyk**

1 (6 oz.) can sliced mushrooms	1 cup long grain rice
1½ cups beef bouillon	½ stick butter or oleo
1 medium onion, finely chopped	2 tsps. snipped parsley
¼ cup wild rice	

Drain mushrooms, reserve liquid. Combine with bouillon to make 2 cups. Bring broth and onion to boil. Add washed wild rice. Reduce heat, cover and simmer 20 minutes. Add long grain rice, simmer another 20 minutes. Add mushrooms and butter, heat thoroughly. Add parsley.

**MOCK WILD RICE****Marjorie Tanis**

1 (10 oz.) can beef consomme	1 cup long grain rice
1 (10 oz.) can French onion soup	1 stick margarine, melted
1 (4 oz.) can mushrooms, drained	

Put all ingredients into casserole and bake uncovered at 350° for one hour. Stir 5 minutes before done to fluff.

**PARMESAN FRIED ZUCCHINI FINGERS****Ruth Jolly Knapman  
Fairbanks, Alaska**

2 cups flour	1¼ cups milk
1 Tbsp. baking powder	1 clove garlic, minced or mashed (optional)
salt and pepper to taste	
½ cup grated parmesan cheese	2 lbs. zucchini
½ cup finely chopped parsley	salad oil for deep fat frying
2 eggs, slightly beaten	

Sift dry ingredients together. Stir in parmesan cheese and parsley. Combine beaten eggs and milk (add garlic, if used) and pour into flour mixture. Mix until smooth. Cut zucchini in half crosswise, then slice lengthwise into strips about ¼" thick. Dip strips into batter and fry in deep fat (375°F) until golden brown. Drain on absorbent paper. Serves 4 to 6.

## ZUCCHINI-SPAGHETTI AL FORNO

Kimberley Huffman

3 cups zucchini chunks  
1 cup chopped onion  
1 cup mushroom slices  
1 cup celery slices  
3 Tbsps. margarine

1 pkg. Kraft Italian spaghetti dinner  
1 lb. cottage cheese  
2 cups (8 ozs.) shredded mozzarella cheese

Saute vegetables in margarine. Prepare spaghetti and sauce as directed on package. In 13x9" baking dish, layer half of the spaghetti sauce, cottage cheese, vegetable mixture and mozzarella cheese; repeat layers. Sprinkle with grated parmesan cheese; repeat layers. Sprinkle with grated parmesan cheese from spaghetti dinner package. Bake at 350° for 30 minutes. Serves 6.

## ZUCCHINI RICE CASSEROLE

Ruth Van Ee Saholt  
Whitefish, Montana

1 cup uncooked rice  
1 (7 oz.) can whole green chilies,  
coarsely chopped  
12 oz. Monterey Jack cheese,  
grated  
1 large tomato, thinly sliced  
(I use more)

3 medium zucchini, sliced thinly  
salt  
1 pint sour cream  
1 tsp. oregano  
1 tsp. garlic salt  
¼ cup chopped green onion  
2 Tbsps. minced parsley

Cook rice according to directions. Place rice in 3-quart buttered dish. Cover with chopped chilies and sprinkle with half the cheese. Add tomatoes and zucchini. Sprinkle with salt. Combine sour cream, oregano, garlic salt and green onions. Spoon evenly over tomato layer and scatter remaining cheese over all. Bake at 350° for 45 to 50 minutes or until bubbly. Sprinkle with parsley and serve. Serves 8 to 10.

## *Recipes*

# DESSERTS

Edited by Mary Montgomery

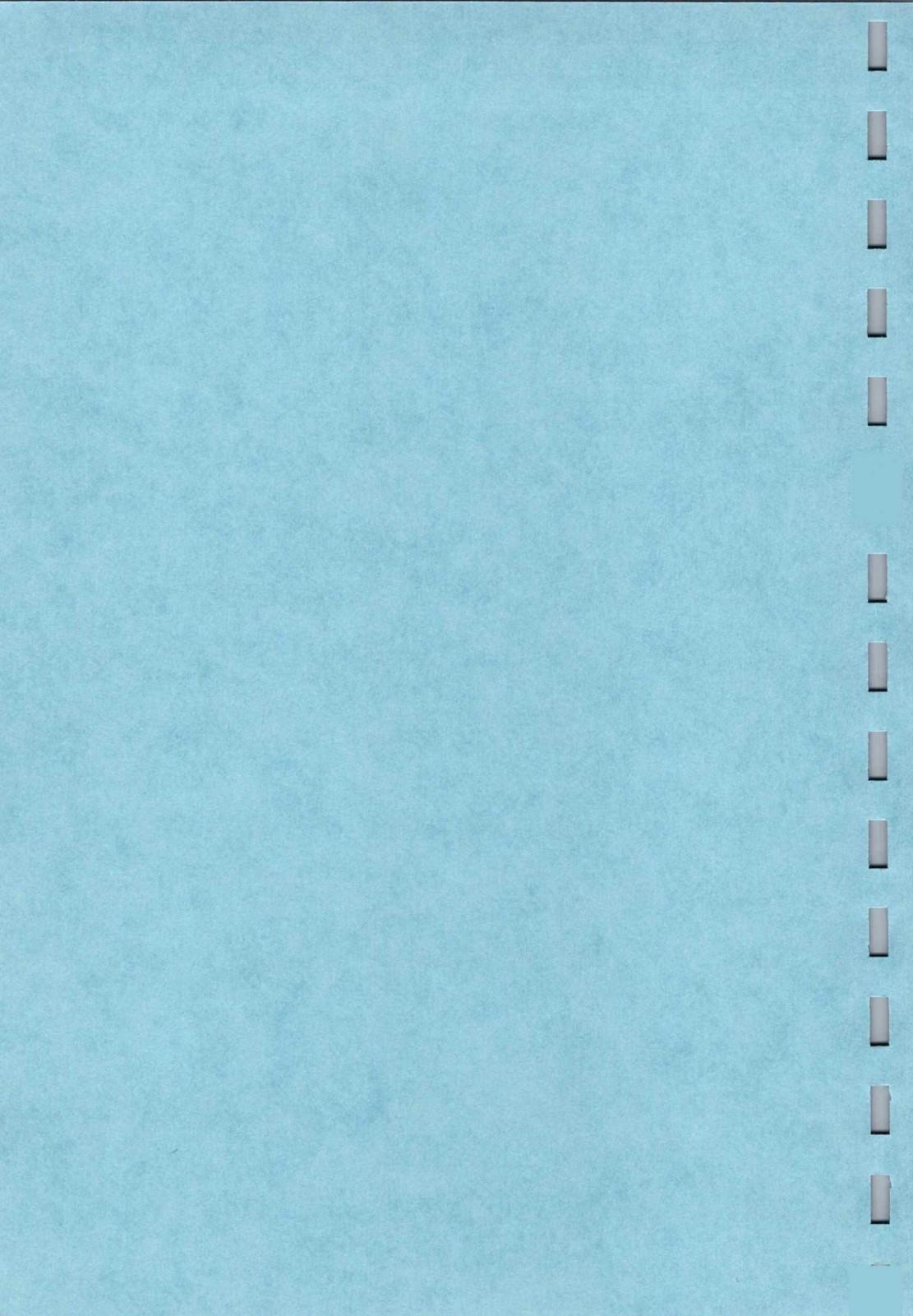


## CITY HALL • FIRE STATION • PELLA

### FIRE STATION

*This Fire Station made from bricks manufactured at Amsterdam—a ghost town three miles south—was completed in 1882. On the first Thursday of each month two neighborhood girls would be lifted off their feet while ringing the bell. Vacated for city use in 1940 it has been restored to its original Victorian beauty and is now occupied by the Boy Scouts.*





**Mrs. H.P. Scholte's  
QUEEN OF BREAD PUDDINGS**

1 cup sugar  
2 cups fine bread crumbs  
1 quart milk  
2 Tbsps. butter

**(The Pella Cookbook, a favorite  
of Mina Baker-Roelofs)**

5 eggs, separated  
½ cup flour  
½ tsp. vanilla  
½ cup strawberry jam

Cream butter, sugar and egg yolks; add the bread crumbs which have been soaked in the milk and the vanilla. Bake until custard is well set (60 minutes at 325°). Draw to the mouth of the oven and spread jam over the top. Cover this with the whites whipped with 3 tablespoons sugar and 2 drops of rose water (or vanilla). Shut the oven and heat through. Do not brown; serve with sugar and cream. Serves 12-15.

**Nina Van Gorp's  
MACAROON or PARADISE PUDDING**      **(Pella's Choicest Recipes, a  
favorite of Peggy Pierson)**

1 quart milk  
4 eggs, separated  
1 cup sugar

2 envelopes gelatin (dissolved in  
½ cup of the milk  
1 tsp. vanilla  
1 dozen macaroons

Beat sugar, yolks and ¼ cup of the milk. Add rest of milk and gelatin and mix well. Cook until slightly thickened. Beat egg whites until stiff. Add mixture to the egg white. Add vanilla. Pour half of mixture into 13x9" pan. Place macaroons in order to make 12 servings. Add rest of mixture. Chill. Serve topped with whipped cream.

**APPLE DESSERT**

4 cups sliced, pared apples  
2 cups sugar  
2 cups sifted all purpose flour  
½ tsp. baking soda  
1 tsp. salt

**Regina Ungemach  
Kenosha, Wisconsin**

2 tsps. cinnamon  
2 eggs, well beaten  
¾ cup salad oil  
2 tsps. vanilla  
1 cup chopped walnuts or pecans

Mix apples and sugar in a large bowl. Let stand a few minutes. Sift dry ingredients; mix with apples. Add eggs, oil, vanilla and nuts; mix thoroughly. Pour mixture into a greased 13x9" pan. Bake at 350° for 50 minutes.

## BROILED BANANA CRISP

4 small bananas	1/4 tsp. ground cinnamon
1 Tbsp. lemon juice	1/8 tsp. ground nutmeg
3 Tbps. brown sugar	2 Tbps. margarine or butter
3 Tbps. quick-cooking rolled oats	vanilla ice cream or ice milk
2 Tbps. all-purpose flour	

Peel bananas, cut in half lengthwise, then in half crosswise. Drizzle lemon juice over bananas. Place bananas in 4 individual broiler-proof dishes.

In mixing bowl combine brown sugar, rolled oats, flour, cinnamon and nutmeg. Cut in margarine or butter until mixture is crumbly. Sprinkle mixture over bananas. Place under broiler 3 or 4 minutes or until mixture is golden and bubbly.

Before serving, top with ice cream or ice milk. Makes 4 servings.

## RHUBARB CRISP

4 cups diced rhubarb	1/2 cup brown sugar
2/3 cup granulated sugar	1/2 cup rolled oats
1 Tbsp. grated orange peel	1/2 cup flour
pinch of salt	1/2 cup butter or margarine

Preheat oven to 350°. In a large bowl mix rhubarb, granulated sugar, orange peel and salt together. Place in a buttered 9" square baking dish. Combine brown sugar, oats and flour and sprinkle on top of rhubarb. Top with dots of butter or margarine. Bake in a preheated oven for 30-45 minutes, or until bubbly. Makes 6-8 servings.

## Mina Baker's PEACH SCOTCH BETTY

2 cups sweetened, canned peaches or 4 cups fresh peaches sliced and sweetened	2 Tbps. lemon juice or 1 tsp. lemon extract
1/4 tsp. cinnamon	1 1/2 tsps. butter

Arrange peaches in a buttered baking dish. Sprinkle with cinnamon, lemon juice or extract and dot with butter.

### Topping:

1/4 cup melted shortening (butter preferred)	1/8 tsp. salt
1/3 cup brown sugar	1/4 tsp. soda
2/3 cup sifted flour	2/3 cup quick uncooked oatmeal 1/2 tsp. vanilla

Combine melted shortening with brown sugar. Sift flour, salt and soda. Add oatmeal and sugar mixture, crumbling well. Add vanilla and spread mixture over peaches. Bake 45 to 50 minutes at 350°. If you use fresh peaches, cover for the first 30 minutes of baking. Serve warm with pudding sauce or cream.

Estela Castro Whitlatch  
Kennesaw, Georgia

Andrea Anderson  
Omaha, Nebraska

## (Dutch Treats, a favorite of Maxine Huffman)

**PEACH, COCONUT, NUT DESSERT**

Vicki Klyn

1 large (29 oz.) can sliced peaches	1 stick melted butter or oleo
1 box butter pecan cake mix (dry)	1 cup coconut (shredded) ½ to 1 cup chopped pecans

Layer in an ungreased 13x9" pan the sliced peaches, cake mix, melted butter (drizzled over cake mix), coconut and chopped pecans. Bake at 325° for 50 to 60 minutes. Let stand 15 to 20 minutes before serving. May be topped with vanilla ice cream.

**Cheri Byrd's PEACH COBBLER**Mrs. Manfred Byrd, Jr.  
Chicago, Illinois

4 large peaches, peeled and sliced	1 tsp. vanilla
1 cup sugar	2 cups flour
¼ tsp. nutmeg	3 tsps. baking powder
¼ tsp. cinnamon	1 tsp. salt
3 Tbsps. butter	5 Tbsps. shortening
	¾ cup milk

Mix peaches, sugar, cinnamon and nutmeg in a medium size bowl. Mix flour, baking powder, and salt in a large bowl; cut in shortening until mixture resembles coarse crumbs and stir in milk just until mixture gathers easily into a ball. Roll one-half of the dough on a lightly floured surface to a 12-inch circle. Fold in half; place in a deep baking dish, about 1½ qts. Trim edges. Pour peach mixture into baking dish. Dot with butter and vanilla. Roll out remaining pastry as before. Top pie with dough. Trim edges; flute. Pierce pastry in several places for steam vents. Bake at 375° for 30 to 40 minutes, or until golden. Serves 4 to 6. Delicious with ice cream or frozen yogurt.

**APRICOT DESSERT**

Sylvia Van Zee

2½ lb. can apricots, cut up	½ cup melted butter
1 box butter brickle cake mix	1 cup pecans

Place cut up apricots and juice in bottom of 13x9" cake pan. Sprinkle cake mix over all; drizzle butter on top and add chopped nuts. Bake at 350° for 40 minutes or until browned.

**PRETZEL STRAWBERRY DESSERT**

Tawnya Staton

2 cups coarsely crushed pretzels	1 (8 oz.) pkg. cream cheese
½ cup melted margarine	1 (8 oz.) carton whipped topping
2 Tbsps. sugar	

**Topping**

½ cup sugar	2 cups boiling water
1 large box strawberry jello	2 (10 oz.) pkgs. frozen strawberries

Mix crushed pretzels, margarine and sugar. Press lightly in 13x9" pan. Bake at 400° for 8 minutes. Combine cream cheese, whipped topping and sugar until well blended and spread over cooled crust.

Add boiling water and sugar to gelatin. Cool slightly. Add frozen berries when gelatin begins to congeal. Pour over cheese mixture and chill.

## **BLUEBERRY DESSERT**

**Andrea Rouw  
Des Moines, Iowa**

20 graham crackers	2 eggs, beaten
1/4 lb. butter	1/2 cup sugar
1/2 cup sugar	1 (8 oz.) carton whipped topping
1 (8 oz.) pkg. cream cheese	

Mix crackers, butter and sugar and cover bottom of 12x9" dish. Then mix cream cheese, eggs and sugar and spread over cracker mixture. Bake for 20 minutes at 350°. Cool. Add pie filling (blueberry, cherry or your favorite), add whipped topping. Refrigerate. Makes 10-12 servings.

## **GRAHAM CRACKER-DATE DESSERT**

**Nellie Fish  
Rochester, Indiana**

3 cups finely crushed graham cracker crumbs	1/2 cup chopped dates
1/2 cup chopped pecans	12 marshmallows cut in small pieces half and half

Combine crumbs, nuts, dates and marshmallows with enough half and half to make a smooth, thick mixture. Let stand overnight in refrigerator.

Serve in mounds with whipped topping. May be topped with a cherry. Very rich. Serves 6.

## **ALMOND DESSERT**

**Josephine De Jong**

1 pkg. yellow cake mix (mix as directed)	1 cup sugar
1 cup almond paste	1 cup coconut

Put 1/2 of the cake batter in a 13x9x2" pan. Mix and crumble almond paste, sugar and coconut, place mixture on batter. Cover with remaining cake mix. Bake at 350° for 40 to 45 minutes.

## **Mrs. J.W. Fish's**

### **VANILLA WAFER DESSERT**

48 vanilla wafers	shredded coconut
1/2 pint whipping cream	candied cherries

Place vanilla wafers in stacks of four. Whip the cream until very stiff. (Powdered sugar to taste may be added if desired.) Cover each vanilla wafer with the whipping cream to resemble little cakes. Sprinkle entirely with coconut and top with red or green cherry. Let set a full day or overnight in refrigerator. This makes a very rich dessert for 12. Excellent with hot coffee.

## **(Dutch Treats, a favorite of Maxine Huffman)**

**BUTTERSCOTCH DESSERT****Joan Schafer****FIRST LAYER:**

1 cup flour

1 stick margarine (melted)

½ cup pecans

Mix the first ingredients and press into oblong glass pan. Bake at 350° for 15 minutes Cool.

**SECOND LAYER:**

1 cup whipped topping (half of large container)

1 (8 oz.) pkg. cream cheese  
1 cup powdered sugar

Mix second layer ingredients and spread over first layer.

**THIRD LAYER:**2 (3 oz.) pkgs. instant butterscotch pudding mix  
3 cups milk1 tsp. vanilla  
1 tsp. burnt sugar flavoring  
(Kitchen Klatter only)**FOURTH LAYER:**

Remaining whipped topping, topped with pecans.

**OREO COOKIE DESSERT****Tawnya Staton**large pkg. Oreo cookies  
1 stick oleo  
2½ cups milk3 (3 oz.) pkgs. instant vanilla pudding  
8 or 9 ozs. whipped topping

Crush cookies (in blender), melt oleo and mix with cookie crumbs. (Save a few crumbs to sprinkle on top.) Press in 13x9" pan. Mix pudding with milk and mix until thick. Fold in whipped topping (you can add bananas and nuts if desired). Spread on crust and sprinkle with crumbs. Refrigerate.

**PARTY MINT DESSERT****Maxine Huffman**1½ cups crushed Oreo cookies  
1 pkg. Dream Whip1 cup party mints, crushed  
1 cup miniature marshmallows

Place ¾ cup Oreo crumbs in bottom of 8x8" pan. Whip Dream Whip according to box directions. Fold in mints and marshmallows. Place over crumbs. Put remaining crumbs on top. Refrigerate overnight.

**Mrs. Bert Baron's****(Pella's Choicest Recipes, a favorite of Helen Glendening)****ANGEL CAKE DESSERT**1 large angel food cake  
6 beaten egg yolks  
½ cup lemon juice  
1 cup water  
6 egg whitesgrated peel of 2 lemons  
2 Tbsps. sugar  
1 envelope plain gelatin  
½ cup cold water  
¾ cup sugar

Combine egg yolks, lemon juice and rind, 2 Tbsps. sugar and 1 cup water and cook in double boiler until thick. Add gelatin which has been dissolved in ½ cup cold water. Beat and cool. Beat egg whites, when stiff gradually beat in ¾ cup sugar. Add the yellow mixture to egg whites and fold in. Break cake in small pieces and add a layer in large shallow pan. Pour ½ of the mixture over cake, add the rest of cake pieces and remainder of lemon mixture. Put in refrigerator.

## RAISIN DELICIOUS

½ cup brown sugar  
½ cup white sugar  
1½ cups boiling water  
1 Tbsp. butter  
¼ tsp. cinnamon  
¼ tsp. salt  
¾ cup raisins  
1 tsp. vanilla

Maurine Timmer

2 Tbsps. butter  
⅓ cup white sugar  
¾ cup flour  
1 tsp. baking powder  
¼ tsp. salt  
⅓ cup milk  
⅓ cup nuts

Mix first 7 ingredients in saucepan and boil to a medium syrup (about 15 minutes). Remove from heat and add vanilla. Meanwhile, prepare drop batter as follows: Cream butter, add sugar and cream together until blended. Sift flour, baking powder and salt together. Add to sugar/butter mixture and combine well. Add milk all at once and stir until dry ingredients are thoroughly blended. Drop batter from tablespoon into well buttered baking pan (11x7x1½") and pour raisin syrup over it. Sprinkle with nuts and bake in a moderate oven (350°) for about 30 minutes. Serve warm or cold.

## FROSTED RAISIN CREAMS

1½ cups boiling water  
1 stick oleo, melted  
1 cup oatmeal  
¾ cup brown sugar  
1 tsp. vanilla  
¾ cup white sugar

Marjorie Tanis

2 eggs  
1½ cups flour  
1 tsp. soda  
1 tsp. cinnamon  
¼ tsp. salt

Pour boiling water and melted oleo over oatmeal and let stand 20 minutes. Add brown sugar, white sugar, vanilla and eggs. Mix together flour, soda, cinnamon and salt. Stir into mixture. Pour into large (15x10") cookie sheet. Bake 16-18 minutes at 350° (don't overbake). Cool.

### Frosting

1 cup sugar  
2 Tbsps. flour  
½ cup milk  
6 Tbsps. oleo

1 cup raisins  
1 tsp. vanilla  
1 cup powdered sugar

Blend sugar and flour, add milk, oleo and raisins. Boil hard 3 minutes. Cool and add vanilla and powdered sugar. (It may take a little more powdered sugar.)

## **CREAM PUFFS IN A PAN**

**Pamela Simmons Vande Voort**

### **CRUST:**

1 cup water	1 cup flour
$\frac{1}{2}$ cup margarine	4 eggs

Bring water and margarine to a boil. Add flour all at once and stir rapidly until a ball forms. Remove from heat and beat in eggs, one at a time. Spread in greased jelly roll pan. Bake at 400° for 30 minutes. (This will puff up). Cool.

### **TOPPING:**

2 (3½ oz.) pkgs. French vanilla instant pudding	8 ozs. cream cheese, softened 3½ cups milk
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Beat cream cheese until smooth. Beat in pudding and milk. Pour over crust. Refrigerate until firm. Spread whipped topping over top and drizzle with chocolate syrup. Serves 12.

## **FRENCH CREAMS**

**Helen Vander Wilt**

1 cup raisins	3 cups flour
1 tsp. soda	$\frac{1}{2}$ tsp. baking powder
1 cup hot water	1 tsp. cinnamon
1 cup oleo	1 tsp. nutmeg
2 cups brown sugar	1 tsp. vanilla
2 eggs	

Put raisins and soda in hot water for a few minutes. Cream oleo and sugar; add eggs. Combine flour, baking powder and spices. Add dry ingredients, alternating with raisins and water, to creamed mixture. Bake at 350° for 25 to 30 minutes. Use cream cheese frosting. Add  $\frac{1}{2}$  cup nuts if desired.

## **FRUIT PIZZA**

**Tawnya Staton**

1 (8 oz.) commercial sugar cookie dough

Cut dough in  $\frac{1}{8}$ " slices and line a pizza pan with slices. Bake at 350° for 10 minutes. Let cool. In mixing bowl cream:

8 oz. package cream cheese	$\frac{1}{2}$ cup sugar
1 tsp. vanilla	

Spread on cooled sugar cookie crust. Top with any fruit: whole strawberries, blueberries, pineapple, sliced bananas, etc. Mix fruits and layer on pizza.

Top fruit with glaze of  $\frac{1}{4}$  cup strawberry jam and 1 tsp. water, melted and cooled.

**Graham Hall****Food Service's****HEAVENLY HASH**

**(Pella's Choicest Cooking Recipes, a  
favorite recipe of Mina Baker-Roelofs)**

2 cups whipping cream, whipped	¾ lb. miniature marshmallows
½ cup sugar	3½ cups white cherries, pitted and drained
3½ cups pineapple tidbits, drained	½ cup English walnuts, cut fine (optional)
6 bananas, diced	

Add sugar to cream which has been whipped very stiff. Fold in well drained fruit, marshmallows and chopped nuts. Serve in sherbet glasses topped with a red cherry. Refrigerate after dishing if desired. Serves 20. (Miniature marshmallows were substituted for cut marshmallows.)

**CREAMY MARSHMALLOW SALAD/DESSERT Josephine De Jong**

2 (3 oz.) pkgs. strawberry or lime jello	¼ Tbsp. peppermint extract with lime jello
2 cups boiling water	10½ ozs. miniature marshmallows
20 oz. can crushed pineapple	8 ozs. whipped topping
½ cup cold water	

Dissolve gelatin in water. Drain pineapple, reserve juice and add juice to ½ cup cold water, peppermint and gelatin. Chill until syrupy. Fold in pineapple, marshmallows and whipped topping. Pour in 13x9x2" pan. Chill 6 hours or overnight. Makes 15 servings.

**PARTY SALAD/DESSERT****Harriet Heusinkveld**

1 (20 oz.) can crushed pineapple	1 (20 oz.) carton whipped topping
1 (3 oz.) pkg. raspberry jello	chopped nuts
1 (24 oz.) carton large curd cottage cheese	

Heat pineapple, juice and all, to boiling. Add jello, cool at least 30 minutes. Fold in large curd cottage cheese. Put in a large pan. Fold in whipped topping. Chopped nuts may be added. Let stand 2 to 3 hours before serving. Cut into squares. Serves 12 to 15.

**Miss McGowan's****PINE-COT PARFAIT**

**(Pella's Choicest Recipes, a  
favorite of Peggy Pierson)**

1 box strawberry jello	1 cup pineapple juice
2 cups boiling water	2 cups water
2 cups sugar + dash of salt	3 cups whipping cream, whipped
2½ cups apricots, sieved	

Dissolve jello in boiling water. Add sugar, cool. When cool, add sieved apricots, pineapple juice, second amount of water and mix. Add whipped cream and mix. Freeze. Makes 1½ gallons.

## **Mrs. B.L. Flikkema's FROZEN RASPBERRY VELVET CRUNCH**

1 cup flour  
1 stick margarine  
½ cup brown sugar  
½ cup nuts, chopped

## **(More Dutch Treats, a favorite of Marlys De Wild)**

3 large egg whites  
1 cup sugar  
1½ cups raspberries, drained  
1 cup cream, whipped

Blend flour, margarine, brown sugar and nuts together. Spread in 15x12" cookie sheet. Bake at 325° for 15 minutes, stirring twice. Beat egg whites in large mixer bowl. Add sugar slowly. Add berries; when well blended, beat at high speed at least 15 minutes. Fold in whipped cream. Line a 12x9" pan with three-fourths of the crumbs. Spread whipped mixture over crumbs. Garnish top with remaining crumbs and freeze. Before serving, garnish with raspberries and mint leaves.

## **ICE CREAM DESSERT**

1½ cups Rice Chex, crushed  
1½ cups graham crackers, crushed  
¼ cup brown sugar  
⅓ cup melted butter

Lillian Hiemstra  
1 cup flaked coconut  
½ cup chopped black walnuts  
2 qts. ice cream

Press half of dry mixture in the bottom of 12x8" pan (biggest half). Whip ice cream and spread over this. Then spread rest of dry mixture on top. Freeze. Serves 12.

## **RAINBOW ICE CREAM DESSERT**

1 angel food cake mix, baked  
and cooled  
1 (3 oz.) pkg. each: strawberry,  
lime & orange jello  
½ gal. vanilla ice cream, softened

Maurine Timmer  
1 (10 oz.) pkg. frozen  
strawberries, partially thawed  
1 cup fresh or frozen blueberries  
1 small can apricot halves (sliced),  
or fresh peaches

Tear cake in small pieces, divide into thirds and place in three separate, medium-sized bowls. Sprinkle the dry strawberry jello over one, lime jello over another and orange jello over the third one. Toss each lightly with a fork until cake is well coated with the jello. In a 10-inch tube pan, put strawberry cake pieces in bottom, spoon strawberries over the cake. Spread one-third of the ice cream over the strawberries. Repeat layers with lime cake pieces, blueberries, ice cream, orange cake pieces, apricots or peaches and ice cream. Freeze until firm. Unmold on a chilled dessert plate. Slice as for cake and serve.

**PINEAPPLE ICE****Evelyn Bandstra**

1 cup sugar  
2/3 cup water  
1 fresh pineapple

1/3 cup fresh lime juice  
1 large egg white

Combine sugar and water in a saucepan over medium heat; stir until sugar dissolves and syrup begins to simmer. Chill. Cut pineapple in half lengthwise, leaving crown intact. Remove fruit from both pineapple halves, leaving 1/2" of fruit inside the rind. Remove core and cut fruit into 1" chunks. Place pineapple halves in large plastic bags and freeze until ready to use. In a food processor with metal blade in place, add pineapple chunks and process until pineapple is smooth and uniformly pureed. You should have about 2 cups puree. Add chilled syrup and lime juice. Process 10 seconds. Place mixture in metal tray or bowl and partially freeze. With metal blade in place, place spoonfuls of partially thawed pineapple mixture in bowl of processor. Mix by turning processor on and off about 8 times, then process about 2 minutes until completely blended, smooth and fluffy. With machine running, add egg white through feed tube. Process 1 minute. Refreeze. Spoon into pineapple shells and serve. Makes 6 servings.

**Marilyn De Kruyff's  
SURPRISE CUPCAKES**

3 cups flour  
2 cups sugar  
2 tsps. soda  
1 tsp. salt  
1/2 cup cocoa

**(Dat Is Lekker Kookboek,  
a favorite of Ilda Van Zee**

2/3 cup salad oil  
2 cups cold water  
2 Tbsps. vinegar  
2 tsps. vanilla

Mix dry ingredients, add liquid ingredients and beat until smooth. Fill cupcakes a good half full. Place 1 tsp. filling on top of each.

**Filling:**

1 (8 oz.) pkg. cream cheese,  
softened  
1 egg

1/3 cup sugar  
3/4 cup caramel or chocolate chips  
1/4 tsp. black walnut flavoring

Bake 25 minutes at 350°.

**Frosting:**

4 cups powdered sugar  
1 Tbsp. butter or Crisco

1 to 2 Tbsps. cocoa  
milk

Mix sugar and butter, add cocoa and blend well. Add enough milk to spread easily.

## PEPPERMINT STICK ICE CREAM

Shelly Riggen  
Geneva Engbers

1½ cups milk  
½ cup cream

¼ lb. (or 6 sticks) peppermint  
candy

Heat milk and candy until candy is dissolved. Cool slightly. Pour in ice cube trays and freeze until slushy. Whip the cream, add slush, return to ice tray and finish freezing.

## BOILED RAISIN CUPCAKES

Pamela Simmons Vande Voort

Boil 1 cup raisins in 1 cup water. Cool. Mix as any cake:

½ cup butter  
1 tsp. vanilla  
1 tsp. soda  
¾ cup sugar  
½ cup raisin water

1 egg (beaten)  
1½ cups flour  
dash of salt  
¾ cup nuts  
1 cup (boiled) raisins

Bake at 375° 18-22 minutes. After baked, dust cupcakes with powdered sugar.

## THE CAKE

Geraldine Vander Pol Wagoner  
Patterson, New Jersey

1 pkg. yellow cake mix (about  
1 lb., 3 ozs.)  
1 pkg. instant vanilla pudding  
(about 4 ozs.)

4 eggs (unbeaten)  
¾ cup salad oil  
¾ cup sherry  
1 tsp. nutmeg

Beat it all for 5 minutes at medium speed. Pour into a greased 10" tube cake pan or mold and bake for 45 minutes at 350°.

### Variation:

1 pkg. lemon velvet cake mix  
1 pkg. lemon instant pudding  
4 eggs

½ cup Wesson oil  
¾ to 1 cup milk

Beat 6 minutes.

## APRICOT NECTAR CAKE

Joann Fish

Raleigh, North Carolina

1 box lemon supreme cake mix  
¾ cup cooking oil  
4 eggs

2 tsps. lemon extract (optional)  
6 ozs. apricot nectar

Mix all ingredients and beat with mixer 1 minute. Bake in greased tube pan at 350° for 45 minutes.

### Topping:

Juice of 2 lemons

½ box confectioners sugar

Mix together and spread on cake while still warm. This will soak in — keeps cake fresh for ages.

## MANDARIN ORANGE CAKE

1 box yellow butter cake mix  
½ cup cooking oil  
4 eggs

Mix well and bake in 13x9" pan at 325° for 40-45 minutes.

### Icing:

- 1 (3 oz.) box instant vanilla pudding
- 1 (9 oz.) pkg. container whipped topping

Beat with mixer and ice the cake. Refrigerate 2 to 24 hours before serving.

## **Harriet Heusinkveld Dodyn, Mary DuPree**

1 (11 oz.) can mandarin oranges  
with juice

## APPLESAUCE CAKE

$\frac{1}{2}$ cup oleo	$\frac{1}{4}$ tsp. salt
1 cup sugar	$\frac{1}{2}$ tsp. cloves
1 egg	$1\frac{1}{2}$ tsps. soda
$1\frac{1}{2}$ cups flour	1 Tbsp. dark syrup
$\frac{3}{4}$ tsp. cinnamon	$1\frac{1}{4}$ cups applesauce

Mix in order given. Put in an 11x8" cake pan.

### Topping:

$\frac{1}{4}$  cup brown sugar       $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  cup nuts, chopped      2 tsps. butter  
 $\frac{1}{2}$  cup coconut

Mix together and sprinkle on top of cake before baking. Bake at 350° for 1 hour.

## APPLESAUCE CAKE

Hilma Schakel

*My mother, Anna Schagen, made this cake frequently for coffee time. It does not need frosting; however you can serve it topped with whipped cream or vanilla sauce.*

Cream together:

2 cups white sugar                       $\frac{1}{2}$  cup shortening  
Bake 30 to 40 minutes at 350° in a 13x9" cake pan.

Add:

Add:  
2 cups hot unsweetened applesauce  
3½ cups flour  
2 Tbsp. cocoa  
1 tsp. cinnamon  
Bake in a 13x9" pan a

$\frac{1}{2}$  cup shortening  
a 13x9" cake pan.  
1 tsp. cloves  
 $\frac{1}{2}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. baking soda dissolved in  
1 Tbsp. hot water  
1 cup raisins  
0 to 40 minutes.

**Mrs. Arthur Klein's  
APPLE CAKE**

1/4 cup butter  
1 cup sugar  
1 egg  
1 cup flour  
1 tsp. soda

**(Dutch Treats, a favorite  
of Marlys De Wild)**

1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
2 cups apples, finely chopped  
1/2 cup nuts

Cream butter and sugar, add egg and blend. Sift together the dry ingredients and add. Fold in apples and nuts. Bake in 9x9" pan at 350° for 30 minutes. Reduce heat to 325° and bake 20 minutes longer. Top with sauce and garnish with whipped cream. Serves 9.

**Sauce:**

1/2 cup sugar  
1/4 cup brown sugar  
1 cup water, heated to boiling

2 Tbsps. cornstarch  
1/4 tsp. salt

Combine ingredients and add boiling water. Cook until thick. Remove from fire and add 2 Tbsps. butter and 1 tsp. vanilla.

**FRESH APPLE CAKE**

1 cup salad oil  
2 eggs  
3 cups chopped apples  
1 tsp. soda  
1 tsp. baking powder

2 cups sugar  
2 1/2 cups flour  
1/2 cup chopped nuts  
1 tsp. vanilla  
1 tsp. salt

Mix all ingredients together. DO NOT USE MIXER. Batter will be stiff. Pour into a greased 13x9" pan. Sprinkle top with 6 ozs. butterscotch chips. Press into batter. Bake at 350° for 45 to 55 minutes.

**Delores Greving**

**CRANBERRY CAKE**

1 cup sugar  
3 Tbsps. melted butter  
1 egg  
1 cup milk

dash of salt  
2 cups sifted flour  
2 tps. baking powder  
2 cups fresh or frozen cranberries

Stir together. Bake in 13x9" greased and floured pan at 350° for 25 minutes.

**Sauce:**

1 cup brown sugar  
1/2 cup white sugar

1 1/2 Tbsps. flour  
1 1/4 cups water  
1/4 lb. butter

Bring to a boil. Serve warm over cake. Eaters will be surprised it isn't cherries!



**Alice Carlson's  
POPPY SEED CAKE**

½ cup poppy seeds  
1½ cups sugar  
1 Tbsp. baking powder  
3 egg whites, stiffly beaten

**(Dutch Treats, a favorite  
of Maxine Huffman)**

1 cup milk  
½ cup shortening  
2½ cups cake flour  
1 tsp. vanilla

Soak poppy seeds in ½ cup milk for 2 hours. Cream sugar and shortening. Add milk and dry ingredients alternately. Add poppy seeds and milk mixture. Beat well. Add egg whites last, folding in by hand. Bake in large pan at 350° for 45 minutes.

**Filling:**

1 cup sugar  
1 tablespoon flour  
3 egg yolks

1 cup sour cream  
1 tsp. vanilla  
1 cup nuts

Cook until thick. Add nuts last. Spread on cooled cake.

**Frosting:**

1 cup powdered sugar  
¼ cup butter

1½ Tbsps. cocoa  
cold coffee

Mix sugar, butter and cocoa. Add cold coffee until of spreading consistency. Put over filling of cake.

**HAWAIIAN LUAU CAKE**

2 cups flour  
1 tsp. salt  
1 tsp. cinnamon  
2 tsps. soda  
1½ cups oil  
2 cups sugar

3 eggs  
2 tsps. vanilla  
2 cups coconut  
2 cups shredded fresh carrots  
1 cup nuts, chopped  
1 cup crushed pineapple with juice

Preheat oven to 350°. Combine all ingredients in a large bowl and blend well by hand. Bake in a greased 15x11" pan for 50 minutes or until done.

Frost when cool with:

¼ cup oleo  
3 ozs. cream cheese

1 cup powdered sugar  
1 tsp. vanilla

**CARROT CAKE**

2 cups sugar  
1½ cups cooking oil  
4 eggs  
2 cups flour, sifted  
1 tsp. baking soda

**Joan Schafer  
Penny Reynen, Hollandale, Minnesota**

½ tsp. salt  
3 tsps. cinnamon  
3 cups shredded raw carrots  
½ cup walnuts or pecans,  
chopped

Beat sugar, oil and eggs. Add the dry ingredients. Add the carrots and nuts. Bake at 325° for 40 minutes.

**Frosting:**

½ cup butter  
3 ozs. soft cream cheese  
2 cups powdered sugar

2 tsps. vanilla  
½ cup pecans, chopped (optional)

## MOON CAKE

Peggy Pierson

1 cup water	1 cup flour
½ cup margarine	4 eggs

Bring water and margarine to a boil. Add flour. Remove from heat and stir until mixture forms a ball. Add eggs all at once and beat until smooth. Spread in two 13x9" ungreased cake pans. Bake 30 minutes at 400°. Cool. Top with filling:

2 (3 oz.) pkgs. instant pudding	8 ozs. cream cheese, softened
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Mix pudding according to directions. Whip cream cheese. Add to pudding. Blend well. Spread on crust.

Top with whipped topping and drizzle on chocolate sauce and chopped nuts. Serves 24.

## Mrs. Carl Gaass', Mrs. Harry Kuiper's, Dorathe Rogers' CREAM DE MENTHE CAKE

1 pkg. any white cake mix	1 (8 oz.) carton whipped topping
3 Tbsps. Cream de Menthe	3 Tbsps. Creme de Menthe
1 (16 oz.) can fudge topping or chocolate syrup	

(Pella Collectors' Cookbook, a favorite of Helen Glendening)

Prepare cake mix according to package directions. Add 3 Tbsps. Creme de Menthe and blend. Pour into 13x9" cake pan. Bake according to package directions. Poke entire top of cake full of holes with a dinner fork. Spread fudge topping over warm cake. Cool. Combine 3 Tbsps. Creme de Menthe with the whipped topping and spread on top. Top each serving piece with maraschino cherry if desired. Keep in refrigerator. Freezes and keeps well.

## Esther Kuyper's CHOCOLATE CAKE

(Pella's Choicest Recipes, a favorite of Peggy Pierson)

Cream:

½ cup butter	1 ¾ cups sugar
¼ tsp. salt	½ cup cocoa
1 tsp. vanilla	2 Tbsps. water

Add alternately in small amounts:

1 cup water (- 3 Tbsps.)	2 cups cake flour
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Beat well and add:

1 tsp. soda dissolved in 1 Tbsp. hot water	3 egg whites, beaten
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Pour into 2 greased and floured 9" pans. Bake at 350° for 30-35 minutes or until cake shrinks from the side of pan.

### **CHOCOLATE ZUCCHINI CAKE**

1 dark chocolate cake mix  
 1 tsp. cinnamon  
 3 eggs  
 1¼ cups water

**Maxine Huffman**

½ cup oil  
 1 cup zucchini, shredded and  
 unpeeled  
 ¼ cup nuts, chopped

Preheat oven to 350°. Grease and flour a 10" tube pan. Combine dry cake mix and cinnamon in large mixer bowl. Add eggs, water and oil. Blend and then beat for 2 minutes at medium speed. Fold in zucchini. Turn batter into pan and spread evenly.

Bake at 350° for 50-60 minutes. Cool completely before removing from pan. When fully cool, frost with vanilla frosting and sprinkle pecans over the top.

### **POTATO CHOCOLATE CAKE**

**Penny Reynen**  
**Hollandale, Minnesota**

⅔ cup butter  
 2 cups sugar  
 4 eggs  
 1 cup mashed potatoes  
 2 cups sifted flour  
 ½ cup milk  
 1 cup nuts, chopped

⅓ cup cocoa  
 2 tsps. baking powder  
 ¼ tsp. salt  
 ¼ tsp. allspice  
 ¼ tsp. cloves  
 ½ tsp. cinnamon

Cream butter and sugar until light and fluffy. Add eggs one at a time, beating thoroughly after each addition. Add mashed potatoes. Add sifted dry ingredients alternating with milk in thirds, beating after each addition. Bake in greased and floured pan for 1 hour.

### **CRAZY CAKE**

Dry ingredients:  
 2¼ cups flour  
 1½ cups sugar  
 ¾ cup cocoa  
 1½ tsps. soda  
 ¾ tsp. salt

**Joan Schafer**

Wet ingredients:  
 1½ cups water  
 ½ cup oil  
 ¼ cup vinegar  
 1½ tsps. vanilla

Mix each group separately, then together. Put in greased pan. Bake at 350° for 30-35 minutes. Can put canned cherry mix in bottom of pan.

## KNOCK YOUR SOCKS OFF CAKE

Shary Branderhorst  
Monroe, Iowa

1 box German chocolate cake mix	1 cup sugar
8 ozs. cream cheese	2 eggs
2 cups chocolate chips	1 cup pecans
2 tsps. vanilla	

Prepare cake mix according to directions. Pour into 13x9" pan and set aside. Mix rest of ingredients and drop by spoonfuls on cake batter. Bake at 350° for 40-50 minutes.

Frost with icing:

1 (3 oz.) pkg. instant chocolate pudding	1½ cups milk
1 pkg. Dream Whip (dry)	1 tsp. vanilla

Whip until thick. Spread on cooled cake. Refrigerate, covered.

## COCOA CHIFFON CAKE

Doris Vande Voort

¾ cup boiling water	½ cup salad oil
½ cup cocoa	7 egg yolks, unbeaten
1¾ cup cake flour, sifted	1 tsp. vanilla
1¾ cups sugar	¼ tsp. red food coloring
1 Tbsp. baking powder (3 tsps.)	1 cup egg whites
1 tsp. salt	½ tsp. cream of tartar

Stir boiling water and cocoa until smooth, cool. Measure cake flour, sugar, baking powder and salt together in medium mixing bowl. Make a well and add in order: salad oil, egg yolks, cooled cocoa mixture, vanilla and food coloring. Beat until smooth. Measure egg whites and cream of tartar into large mixing bowl. Beat until very stiff. Pour egg yolk mixture over whites and fold in gently. Bake in tube pan at 325° for 55 minutes, then at 350° for 10-15 minutes. Invert and cool.

## ORANGE CHIFFON CAKE

Mert Tysseling

Make 1 box lemon custard angel food cake mix according to directions except substitute ¾ cup orange juice for part of the cold water. Bake.

Cut cake into 3 layers. Fill each layer with about ¾ cup orange filling; frost sides and top with whipped topping or whipped cream to which has been added 1 tsp. orange extract. Garnish with reserved mandarin orange segments. Serve immediately or refrigerate until ready to serve. Refrigerate any remaining cake.

### Orange Filling:

1 cup sugar	2 cans mandarin orange
¼ cup cornstarch	segments, drained and finely
1 cup orange juice	chopped (reserve 9 segments
¼ cup water	for garnish)

Stir sugar and cornstarch in a 2-qt. glass measure. Mix in remaining ingredients except orange segments. Cook on high 3 to 4 minutes, stirring every minute, or until thick and clear. Cook 1 minute longer. Stir in chopped orange segments. Cover and chill while cake bakes and cools.

## CHEESE CAKE

**Madeline Vander Zyl  
Martha Merrill**

$\frac{1}{4}$ lb. butter (1 stick)	1 Tbsp. water
1 $\frac{3}{4}$ cups graham cracker crumbs	$\frac{1}{4}$ cup pecans, chopped (optional)

Cream butter. Combine with graham cracker crumbs and water. Then add pecans. Press into bottom of 10" spring form pan. Bake at 375° for 10 minutes. Cool.

### Filling:

3 eggs	2 tsps. vanilla
1 lb. cream cheese	pinch of salt
1 cup sugar	1 $\frac{1}{2}$ pints sour cream

Beat eggs until light. Add cheese, sugar, flavorings and salt and beat with electric mixer until smooth. Blend in sour cream. Pour into cooled crust and bake at 375° for 30 minutes or until slightly firm. Chill. If desired top with cherry, strawberry or blueberry glaze. Very rich. Serves 16 (small servings).

## ITALIAN CREAM CAKE

**Mary Montgomery  
Knoxville, Iowa**

5 large eggs	$\frac{1}{2}$ tsp. salt
2 cups sugar	2 cups coconut
1 stick margarine	1 cup pecans, chopped finely
$\frac{1}{2}$ cup shortening	
1 Tbsp. vanilla	
1 cup buttermilk from powder mix	
2 cups flour	
$\frac{1}{2}$ tsp. soda	

### Icing:

12 ozs. cream cheese
$\frac{3}{4}$ stick margarine
1 $\frac{1}{2}$ Tbps. vanilla
3 cups powdered sugar, sifted

Separate 5 eggs. Beat whites very stiff and set aside. Cream sugar, margarine, shortening and vanilla. Add egg yolks, one at a time. Sift flour, soda and salt. Add \*buttermilk, alternating with dry ingredients, to creamed mixture. Blend in coconut and \*\*finely chopped pecans. Fold in egg whites. Pour into 3 well-greased and floured 9" pans or two 13x9" pans. Bake at 350° for 30-35 minutes. Beat together ingredients for icing.

\*Make buttermilk with 1 cup of water and 3 Tbps. powder buttermilk mix

\*\*Chop pecans in a food processor.

**SOUR CREAM COFFEE CAKE****Bernice Vander Ploeg**

Cream:	$\frac{1}{2}$ cup oleo
$\frac{1}{2}$ cup butter	2 cups sugar
Add: 2 eggs	
Fold in:	
1 cup sour cream	$\frac{1}{2}$ tsp. vanilla
Add:	2 tsp. baking powder
2 cups sifted flour	$\frac{1}{4}$ tsp. salt
Topping:	1 tsp. vanilla
$\frac{1}{2}$ cup nuts, finely chopped	6 tsps. brown sugar

Spoon  $\frac{1}{3}$  batter into a well-greased and floured bundt pan. Cover with  $\frac{1}{2}$  the topping,  $\frac{1}{3}$  batter and other  $\frac{1}{2}$  of topping and last  $\frac{1}{3}$  batter. Bake at 350° for 50-55 minutes. Cool almost completely before removing from pan. Sprinkle with powdered sugar.

**Esther Ver Ploeg's  
CHERRY CHEESE CAKE**

1 pkg. "Super Moist" yellow cake mix	2 (8 oz.) pkgs. cream cheese, softened
$\frac{1}{2}$ cup butter, softened	2 cups sour cream
3 eggs	1 Tbsp. vanilla
1 cup sugar	1 (21 oz.) can cherry fruit filling
2 tsps. vanilla	

Beat dry cake mix, butter and 1 egg in large mixing bowl at low speed until crumbly. Press lightly in ungreased 13x9x2" pan. Beat 2 eggs,  $\frac{3}{4}$  cup sugar, 1 tsp. vanilla and cream cheese until smooth and fluffy. Spread over crumb mixture. Bake at 350° for 20-25 minutes until set. Mix sour cream,  $\frac{1}{4}$  cup sugar and rest of vanilla. Spread over cheese. Cool. Spread cherry filling over sour cream mixture. Cover and refrigerate at least 8 hours. Serves 16-18.

**AMARETTO CHEESECAKE****Grace Hollerbach**

8½ ozs. chocolate cookie crumbs	6 ozs. milk chocolate chips, melted
$\frac{1}{4}$ cup margarine	1 tsp. vanilla
24 ozs. cream cheese	1 cup sour cream
$\frac{3}{4}$ cup sugar	2 Tbsps. amaretto
4 eggs	sliced almonds
$\frac{1}{2}$ cup amaretto	
4 Tbsps. margarine, melted	

Combine cookie crumbs and margarine to form crust. Cream the cream cheese, butter, sugar and  $\frac{1}{2}$  cup amaretto. Beat in the eggs separately. Melt chocolate chips and margarine, add vanilla. Blend with cream cheese mixture.

Top with 1 cup sour cream and 2 Tbsps. amaretto. Bake at 350° for 65 minutes. Top warm cake with toasted, sliced almonds.

**Cora and Maurice  
Van Willigan's COOKIES**

1 lb. butter or margarine  
2 cups white sugar  
1 cup brown sugar  
2 large OR 3 small eggs  
4 to 4½ cups flour  
½ cup bran

Work up well. Roll into walnut size pieces and then flatten with a damp fork. Bake at 350° until slightly brown. Lighter or darker as desired.

**COCONUT BABOON COOKIES**

**Lisa Mills LaValle  
Des Moines, Iowa**

½ cup cooking oil  
½ cup sugar  
½ cup brown sugar  
1 cup moist shredded coconut  
¼ cup chopped walnuts

1 egg  
½ cup milk  
1½ cups flour  
¼ tsp. salt  
½ tsp. baking soda

Cream together everything except flour, salt, soda. Sift together those three ingredients, add to creamed mixture, mix well. Drop into greased cookie sheet. Bake 10-15 minutes at 350°.

**Elizabeth Grond's  
PECAN SNICKERDOODLES**

1 cup shortening, soft  
1½ cups sugar  
2 eggs  
2½ cups flour, sifted  
1 tsp. soda

**(Dutch Treats, a  
favorite of Peggy Pierson)**  
2 tsps. cream of tartar  
¼ tsp. salt  
2 Tbsps. sugar  
1 Tbsp. cinnamon  
pecan halves

Cream together the shortening and sugar. Add eggs and beat until light and fluffy. Sift together the dry ingredients and add to mixture. Mix only until blended. Chill. Shape into walnut-size balls. Roll in mixture of cinnamon and sugar. Place 2 inches apart on ungreased cookie sheet and in the center of each ball press in a pecan half. Bake at 400° for 10-12 minutes until lightly browned.

**MYSTERY COCONUT COOKIES**

**Gladys Power Reynolds  
Sun City, California**

½ cup margarine  
1 cup sugar  
1 egg  
2 tsps. coconut flavoring

1½ cups potato buds or flakes  
1½ cups Bisquick  
¼ to ½ cup nuts, chopped

Cream margarine and sugar, add egg and beat well. Add flavoring and dry ingredients. Mix well. Drop by teaspoons on greased cookie sheet. Flatten slightly and sprinkle with chopped nuts. Bake at 350° for 10-12 minutes, until edges begin to brown. Makes about 3 dozen.

**Joan Walvoord's  
KING-SIZED GINGERSNAPS**

2 cups flour  
½ tsp. salt  
1 tsp. ground cloves  
1 tsp. ground ginger  
1 tsp. cinnamon  
3 tsps. baking soda

**(Dat is Lekker Kookboek, a  
favorite of Ilda Van Zee)**

¾ cup shortening, soft  
1 cup sugar  
1 egg, lightly beaten  
¼ cup light molasses  
granulated sugar

Heat oven to 350°. Sift flour with dry ingredients. Cream shortening until light and fluffy, gradually add 1 cup sugar. Blend in egg and molasses. Stir in flour mixture until blended. Shape dough into 1½" balls. Roll in granulated sugar. Place 3" apart on ungreased cookie sheet. Flatten with fingers. Sprinkle with more sugar. Bake 8-10 minutes. Let stand a minute before removing from sheets.

**Mrs. Bob Kuyper's  
CRESCENT COOKIES**

½ lb. or one cup butter  
4 heaping Tbsps. powdered  
sugar  
2 tsps. vanilla

**(Pella's Choicest Recipes, a  
favorite of Helen Glendening)**

⅛ tsp. salt  
2½ cups flour  
2 cups chopped pecans

Mix ingredients together. Take small amount of dough, roll between the hands and shape like a crescent. Bake 45 minutes at 275°. Roll in powdered sugar while warm.

**MACADAMIA DUTCH BUTTER SLICES**

1 cup butter, softened  
1 cup sugar  
1 egg  
1½ cups chopped macadamia nuts  
½ cup poppy seeds

**Art & Diane Alt**

½ tsp. ground cinnamon  
½ tsp. ground ginger  
1 tsp. vanilla  
¼ tsp. salt  
2½ cups flour

Separate egg and discard white. Cream butter and sugar together and add egg yolk. Stir in chopped macadamia nuts, poppy seeds, cinnamon, ginger, vanilla and salt. Gradually add enough flour to make a firm but sticky dough. Do not knead or work dough after all of flour has been added. Form it into rolls 1½" in diameter and wrap in waxpaper. Refrigerate for 4 hours or until rolls are firm. Preheat oven to 325° and cut rolls into ¼" slices. Spread them slightly apart on ungreased cookie sheets. Bake for 12 minutes or until cookies are sand-colored. Makes about 48 cookies.

### MELT-AWAY COOKIES

1 cup butter or margarine  
1/3 cup powdered sugar  
1 cup flour

**Milly Vande Kieft**

3/4 cup cornstarch (this is the  
correct amount)  
1/4 tsp. vanilla

Cream butter and powdered sugar. Add the cornstarch, sifted flour and vanilla. Mix well. Make into balls and put on greased cookie sheet. Flatten slightly. Bake at 350° for 10-12 minutes. Frost. Makes 40 cookies.

### Frosting:

1 cup powdered sugar  
1 tsp. vanilla

2 Tbsps. butter  
enough cream or milk for spreading

This is a delicious party cookie.

### BUTTER COOKIES

1 cup sugar  
1/2 cup oil  
1/2 cup oleo  
2 egg yolks

2 cups flour  
1/2 tsp. soda  
dash of salt

**Milly Vande Kieft**

Mix all ingredients. Roll into balls. Flatten with glass dipped in sugar. Bake at 350° until light in color.

### MRS. FIELD'S COOKIES

CREAM:  
2 cups butter (1 pound)  
4 eggs

2 cups white sugar  
2 cups brown sugar  
2 tsps. vanilla

**Ilda Van Zee**

MIX WITH:  
4 cups flour  
1 tsp. salt  
2 tsps. baking soda

5 cups quick oatmeal (which has  
been blended in blender, will  
be very fine)

ADD:  
1 (8 oz.) Hershey chocolate candy  
bar (either plain or with almonds)  
1 (12 oz.) pkg. semi-sweet  
chocolate chips

1 (12 oz.) pkg. milk chocolate  
chips  
any amount of nuts (optional)

Use small ice cream scoop to shape, or roll into big balls (they will flatten during baking). Bake at 325° for about 7 to 10 minutes, depending on oven. Don't overbeat; don't overbake.

NOTE: These are similar to the famous Mrs. Field's cookies found in cookie shops. The cookies are big, but can be made smaller.

TIP: Blend 1 cup of oatmeal at a time in blender. Candy bar can be slivered with paring knife or carrot peeler.

## **ANISE COOKIES**

**Laura Patchen**

4 eggs	2 cups flour (or enough to roll)
1 lb. powdered sugar or very fine granulated sugar	1 tsp. baking powder
	2 tsps. anise extract or anise seed

Separate egg whites and yolks. Beat yolks and sugar gradually, mixing well. Add flour, baking powder and anise seed. Fold in stiffly beaten egg whites. Roll out dough and cut with cookie cutter. Let stand overnight. Bake 15 to 20 minutes in moderate oven.

This cookie makes a good tree trimmer—make a hole with a soda straw to put ribbon through before baking. Ice with a simple white icing.

### **Icing:**

Blend together:

1 cup sifted powdered sugar	1½ Tbsps. milk or water (or enough to make easy to spread)
¼ tsp. salt	1 or 2 drops food coloring (optional)
½ tsp. vanilla	

## **DATE PINWHEEL COOKIE**

**Mary Montgomery  
Knoxville, Iowa**

½ cup butter or margarine	<b>Filling:</b>
½ cup brown sugar	½ lb. dates
½ cup white sugar	⅔ cup water
1 egg	¼ cup sugar
2 cups flour	
1 tsp. soda	
¼ tsp. salt	

Simmer dates with sugar and water until tender. In a separate bowl combine flour, soda and salt. Cream butter, brown sugar and white sugar. Add egg and mix well. Blend in dry ingredients. Form dough into a ball and chill. Roll dough in a thin sheet on a well-floured surface. Spread with filling. Roll "jelly roll" fashion. Slice and bake at 350° for 10-12 minutes.

## **RITZ DATE COOKIES**

**Milly Vande Kieft**

1 cup dates, cut fine	1 can sweetened condensed milk
½ cup nuts	Ritz crackers

Combine dates, nuts and milk and cook over low heat for about 5 minutes (burns easily). Drop a small amount of filling onto a Ritz cracker. Bake for about 6 minutes at 350°. Cool. Frost with a powdered sugar frosting. Freezes well.

## PEANUT BUTTER COOKIES

Deb Barrick  
Indianapolis, Indiana

½ cup butter or margarine, soft  
½ cup peanut butter  
½ cup sugar  
½ cup brown sugar, packed  
1 egg

1¼ cups flour  
½ tsp. baking powder  
¾ tsp. baking soda  
¼ tsp. salt

Mix butter, peanut butter, sugars and egg thoroughly. Measure flour by dip-level-pour method. Mix rest of ingredients and stir in (using mixer). Chill dough. Heat oven to 375°. Roll dough into balls the size of large walnuts. Place 3" apart on lightly greased cookie sheet. Flatten crisscross method with a wet fork dipped in flour. Bake 8-10 minutes or until set but not hard, and are golden in appearance. Makes 1½ dozen 3" cookies.

## CRUNCHY COOKIES

Hilma Schakel

Combine:  
1 cup margarine or butter  
1 cup white sugar

1 cup brown sugar  
1 egg  
1 cup oil

Add:  
3 cups flour  
½ tsp. cream of tartar

¾ tsp. soda dissolved in  
1 Tbsp. milk

Last add:  
1 cup wheaties  
1 cup regular oatmeal

1 cup coconut  
1 cup nuts

Spoon onto cookie sheet. Flatten with fork. Place close together, do not spread out. Bake at 350° until light brown.

## CRUNCH DROP COOKIES

Lorie Ybarrola

Cream together:  
1 cup margarine

1 cup sugar  
1 cup brown sugar

Add and beat in:  
2 eggs

1 tsp. vanilla

Add and mix in:  
2 cups flour  
1 tsp. baking soda

½ tsp. salt  
1 (3 oz.) pkg. vanilla instant  
pudding (optional)

Stir in:  
2 cups quick oats

2 cups crisp rice cereal  
chocolate chips

Batter is stiff. Form into cookies. Bake at 350° for 12-15 minutes.

## DISH PAN COOKIES

(I use the largest stainless steel bowl.)

Maxine Huffman

2 cups brown sugar

2 cups shortening

2 cups white sugar

2 tsps. vanilla

4 eggs

Mix well and add:

4 cups flour

1 tsp. salt

2 tsps. baking soda

1½ cups oatmeal

4 cups corn flakes (or other cereal)

1 cup coconut

1 cup nuts, chopped

1 cup raisins or dates

(I also add about  $\frac{1}{8}$  cup of bran)

Mix well and shape into round balls. Put on greased cookie sheet. Press with fork. Bake 8-10 minutes at 350°.

## TOFFEE COOKIES

Mary Kuypers

Cream:

1½ cups white sugar

3 sticks margarine

2 tsp. vanilla

Add:

3 cups flour

½ tsp. soda

Mix well. Add 5 large, crushed heath bars (crush in plastic bag with hammer). Make 2 rolls of dough. Chill. Slice and bake 18 to 20 minutes at 325°.

## TOFFEE COOKIES

Kim Miller Ver Meer  
Cedar Rapids, Iowa

In a greased jelly roll pan, break graham crackers into 1x2" pieces. In saucepan melt:

1 stick butter

¼ cup white sugar

1 stick margarine

¼ cup brown sugar

Boil 2 minutes—exactly! Pour over crackers and sprinkle chopped walnuts or pecans over all. Bake at 350° for 10 to 11 minutes. Remove from pan to waxpaper. Work quickly.

## Mrs. B.L. Flikkema's

### TOFFEE BARS

(Dutch Treats, a

favorite of Marlys De Wild)

1 cup butter or margarine

1 egg

1 cup brown sugar

2 cups flour

8 Hershey bars

dash of salt

Cream butter and sugar. Add egg, then flour and blend. Pat into 15x12" cookie sheet. Bake at 350° for 25 to 30 minutes. Remove from oven. Place candy bars on top. When softened, spread as frosting.

Optional: Sprinkle on crushed nuts. Cut into bars at once. Makes 4 dozen bars or more.

**\*LOW CHOLESTEROL COFFEE SQUARES****Dorothy K. Bosch**

4½ cups oatmeal, uncooked	1 tsp. vanilla
1 cup brown sugar, packed	½ tsp. salt (optional)
¾ cup oleo, melted	6 to 12 ozs. chocolate chips
½ cup dark corn syrup	½ cup nuts, chopped

Heat oven to 400°. Grease 15x10" pan. Combine oatmeal, sugar, oleo, syrup, vanilla and salt. Press into pan. Bake 12 minutes until bubbly. Melt chocolate chips and spread over top. Sprinkle with nuts.

**CHERRY PIE FILLING BARS****Alice Fillian**

1 cup butter or margarine	½ to 1 cup walnuts, chopped
2 cups sugar	½ to 1 cup coconut
4 eggs	<b>Icing:</b>
1½ tsps. baking powder	½ cup margarine, softened
¼ tsp. salt	3 cups powdered sugar
3 cups flour	1 tsp. almond extract
1 (21 oz.) can cherry pie filling	2 to 3 Tbsps. milk

Cream butter and sugar. Add eggs, one at a time. Beat well. Add mixed dry ingredients. Spread batter on greased 15x10" pan. Reserve one cup. Mix cherry filling, nuts and coconut; spread over batter. Dot on remaining cup of batter. Sprinkle with sugar. Bake at 350° for 30-45 minutes. Cool.

**Icing:** Beat until smooth. Add milk to desired consistency. Drizzle on cooled bars. Makes 28 bars.

Note: Apple, peach or pineapple may be used for variation. For apple, add 1 tsp. cinnamon to the batter.

**PEPPERMINT LAYERED CHOCOLATE BARS**      **Sharon Uitermarkt****Crust:**

½ cup margarine	1 egg, slightly beaten
½ cup cocoa	1 cup coconut
1 tsp. vanilla	2 cups graham cracker crumbs
½ cup sugar	½ cup chopped nuts

**Filling:**

½ cup margarine, softened	1 tsp. peppermint extract
2 cups powdered sugar	3 drops red or green food coloring
2 Tbsps. milk	

**Frosting:**

6 ozs. semi-sweet chocolate chips	2 Tbsps. milk
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In a 2-quart saucepan, combine first 5 crust ingredients. Cook over medium heat, stirring constantly, until margarine is melted and mixture is smooth (1 to 2 minutes). Stir remaining crust ingredients into mixture and press into 13x9" pan. Chill 15 minutes.

In a small bowl combine filling ingredients. Beat at medium speed until smooth. Spread evenly over crust, chill 15 minutes. In saucepan, combine chocolate chips and milk. Cook over low heat, stirring constantly until chocolate is melted. Spread evenly over bars. Cover and chill 2 to 3 hours or until firm. Cover and store in refrigerator. Makes 4 dozen.

**BROWNIES**

Nora Stark

2 cups sugar	½ cup oleo
4 eggs	pinch salt
½ cup milk	¼ tsp. baking powder
½ cup cocoa	1½ cups flour
1 tsp. vanilla	¾ to 1 cup nutmeats (optional)

Bake at 350° for 20 to 25 minutes.

**Icing:**

6 Tbsps. white sugar	3 Tbsps. half and half cream
2 Tbsps. butter	2 Tbsps. cocoa

1 tsp. vanilla

Boil sugar, butter and milk. Cool. Beat in cocoa and add enough powdered sugar to make the right consistency for spreading. Beat until creamy. Cut in squares.

**BONNIE'S BROWNIES**Beverly Fish  
Rochester, Indiana

1 German chocolate cake mix	½ cup milnot
¾ cup butter	

Mix above together. Spread ½ of mixture in loaf pan. Bake at 350° for 10 minutes. Remove from oven and spread caramel mixture on top. Sprinkle 1 (6 oz.) pkg. chocolate chips on top and then spread rest of cake mixture. Bake at 350° for 15 minutes.

**Caramel Mixture (melt in double boiler):**

1 pkg. Kraft caramels	½ cup milnot
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**BROWNIES**

Bernice Vandervoort

1 stick oleo	1 (1 lb.) can Hershey syrup
1 cup white sugar	1 cup plus 1 Tbsp. flour
4 eggs	

Beat first 3 ingredients until light and fluffy. Then add syrup and flour alternately. Pour into greased 16x11x¾" pan. Bake at 350° for 30 minutes.

**Frosting:**

6 Tbsps. oleo	1½ cups sugar
6 Tbsps. milk	½ cup chocolate chips

Bring oleo, milk and sugar to boil and boil 30 seconds. Add chocolate chips and beat until smooth. Frost at once.

**CREME de MENTHE BROWNIES**

**Geraldine Vander Pol Wagoner  
Patterson, New Jersey**

15 oz. pkg. good quality brownie mix

Mix and bake according to directions—approximately 15 to 20 minutes in 13x9" pan. Cool.

Mix and spread on cold brownies:

2 cups confectioners' sugar                    1 stick butter, melted

4 Tbsps. creme de menthe

Melt:

6 oz. pkg. chocolate chips                     $\frac{1}{2}$  stick butter

Spread over green layer. To assist spreading, place in freezer after green layer is in place to assist ease in final layering. Serves 12.

**CREME DE MENTHE BARS**

**Laura Patchen**

FIRST LAYER:

$\frac{1}{3}$  cup oleo, melted

$\frac{1}{2}$  tsp. salt

1 cup sugar

1 tsp. vanilla

4 eggs

1 can (8 oz.) chocolate syrup

1 cup flour

Mix oleo with rest of ingredients. Bake 20 to 25 minutes at 350°. Use 15x10 $\frac{1}{2}$ x1" sheet cake pan. Cool.

SECOND LAYER:

1 cup oleo

2 ozs. creme de menthe

4 cups powdered sugar

1 can chocolate syrup

2 Tbsps. milk

1 tsp. peppermint flavoring

Mix and spread over cooled brownies. Refrigerate while preparing third layer.

THIRD LAYER:

1 (12 oz.) pkg. chocolate chips            4 Tbsps. salad oil

Melt carefully over hot water, beat. Spread over cake and refrigerate. These are very rich; cut in 1 $\frac{1}{2}$ " squares.

**CHOCOLATE CHIP FUDGE BARS**

**Val Van Kooten**

1 (12 oz.) pkg. chocolate chips            3 Tbsps. oleo

1 can sweetened condensed milk

Melt these three ingredients together. Add  $\frac{3}{4}$  cup nuts and 2 tsps. vanilla. Let cool.

**Crust:**

$\frac{1}{4}$  cup nuts

3 cups oatmeal

1 cup margarine

1 tsp. vanilla

2 cups brown sugar

2 $\frac{1}{2}$  cups flour

1 tsp. soda

1 tsp. salt

2 eggs

Press  $\frac{2}{3}$  of the crust mixture into a greased 13x9" pan. Pour fudge mixture over crust. Use last  $\frac{1}{3}$  of crust mixture, and dollop "blobs" of mixture over fudge layer. Bake at 350° for 20 to 25 minutes.

**Mary Kuiper's and Mrs. Francis Huyser's  
THREE LAYER NO-BAKE BARS**

**(Dutch Treats, a**

**favorite of Marlys De Wild**

½ cup butter	1 egg, slightly beaten
¼ cup sugar	2 cups graham cracker crumbs
¼ cup cocoa	1 cup flaked coconut
1 tsp. vanilla	½ cup nuts, chopped

In a double boiler combine and cook until blended, butter, sugar and cocoa. Then add egg and cook 5 minutes longer, stirring constantly. Add crumbs, coconut and nuts. Press into 9x9" pan. Cool.

**SECOND LAYER:**

½ cup butter	2 tsps. instant vanilla pudding mix
3 Tbsps. milk or creme de menthe	2 cups powdered sugar, sifted

Cream butter until fluffy. Combine milk or creme de menthe with pudding mix; blend in butter. Add sugar and beat until smooth. Spread over first layer and cool until firm.

**THIRD LAYER:**

1 cup chocolate chips	3 Tbsps. cream
1 Tbsp. butter	

Melt chocolate chips, blend in butter and cream. Spread over second layer. Cut into small bars and store in refrigerator.

**CHOCOLATE CHIP HALF & HALF BARS**

**Nora Stark**

½ cup brown sugar	1 tsp. baking powder
½ cup white sugar	½ tsp. soda
1 cup oleo or butter	salt and vanilla
2 cups flour	2 egg yolks and 1 Tbsp. water

Beat egg yolks with water, mix altogether and put in pan. Sprinkle 1 pkg. chocolate chips over the dough. Bake at 350° for 5 minutes. Beat the whites and add 1 cup brown sugar. Spread over the bars. Bake about 25 to 30 minutes.

**MUDHEN BARS**

**Kay De Cook**

½ cup margarine	1 tsp. baking powder
1 cup sugar	¼ tsp. salt
1 egg	½ cup chocolate chips
2 eggs, separated (save whites)	1 cup marshmallows
1½ cups flour	

Cream together the sugar and margarine. Beat in egg and 2 egg yolks. Add dry ingredients. Pour into 13x9" pan. Sprinkle with chocolate chips and marshmallows.

Beat egg whites stiff and add 1 cup brown sugar. Spread over the top of all. Bake at 350° for 25 to 30 minutes.

**MICROWAVE BARS****Joyce Schipper**

½ cup oleo  
2 cups oatmeal

¼ cup white syrup  
½ cup brown sugar

Melt oleo in microwave in 9x9" pan. Mix in oatmeal, syrup and brown sugar. Bake 3½ minutes on high, turning once. Remove from oven. Melt 6 ozs. chocolate chips and ½ cup peanut butter in microwave for 45 seconds. Spread over bars.

**HO HO BARS****Shary Branderhorst  
Monroe, Iowa**

½ cup oleo  
½ cup oil  
2 cups sugar  
2 eggs  
½ cup buttermilk

1 tsp. soda  
2 cups flour  
1 tsp. salt  
6 Tbsp. cocoa  
1 cup water

Beat oleo, oil and sugar thoroughly with mixer. Add eggs and buttermilk, then add dry ingredients. Beat and add water. Beat and pour into greased large jelly roll pan. Bake at 350° for 30 minutes.

**Filling:**

1 cup sugar  
1 Tbsp. water  
¼ tsp. salt

1 cup Crisco  
½ cup milk  
1 tsp. vanilla

Beat 5 minutes and add 1 cup powdered sugar. Spread over cooled cake.

**Frosting:**

1 cup sugar  
6 Tbsp. milk

6 Tbsp. oleo  
1½ cups real chocolate chips

Boil sugar, milk and oleo for 1 minute. Add chocolate chips and beat until thick. Spread over filling.

**LEMON COCONUT SQUARES****Mina Baker Roelofs**

1 cup graham cracker crumbs  
¼ cup margarine, melted  
1 can sweetened condensed milk  
½ cup lemon juice

½ tsp. lemon rind, grated  
5¼ cups (12 ozs.) whipped  
topping, thawed  
2⅔ cups angel flake coconut

Combine crumbs and melted margarine. Press into 9" square pan. Combine milk, lemon juice and rind in bowl. Fold in 3½ cups whipped topping and 1½ cups coconut. Spread over crumbs. Sprinkle with remaining coconut. Chill 2 hours, cut into squares. Top with remaining whipped topping. Serves 9.

## COCONUT LEMON SQUARES

Marie Van Leeuwen  
Hanover, Indiana

1½ cups flour                           ½ cup butter or oleo  
½ cup brown sugar

Mix above ingredients well. Press in 13x9" pan. Bake at 275° 10 minutes to light tan color

2 eggs                                   ½ tsp. baking powder  
1 cup brown sugar                   ¼ tsp. salt  
½ tsp. vanilla                       1½ cups coconut  
2 Tbsps. flour                       1 cup chopped nuts (optional)

Beat eggs, add brown sugar, vanilla and dry ingredients. Stir in nuts and coconut. Pour over baked mixture. Bake at 350° for 20 to 25 minutes until golden brown. Cool, cut in squares. Top with glaze.

**Glaze:**                               1 Tbsp. oleo or margarine, melted  
1 cup confectioner sugar           juice of a whole lemon

Gradually add juice to confectioner sugar, add oleo. Drizzle over squares.

## LEMON TASSIES

Kathy Blom

1 stick margarine, softened  
1 (3 oz.) pkg. cream cheese  
1 cup flour  
1 egg  
1 cup sugar

juice and grated rind from 1½ lemons  
1 Tbsp. margarine, melted  
1 Tbsp. flour

Make dough out of margarine, cream cheese and flour. Chill overnight. Shape into tassie pans. Beat egg, add rest of the ingredients. Pour into tassie shells (do not overfill).

Bake at 350° for 20 minutes; then reduce heat to 300° and bake 10 minutes more.

## CHERRY BARS DELUXE

Bessie Ullman  
Ottumwa, Iowa

1½ sticks margarine  
1 cup sugar  
3 eggs  
1 tsp. vanilla  
½ tsp. almond extract

1½ tsps. baking powder  
½ tsp. salt  
2¼ cups flour  
1 can cherry pie filling

Cream margarine and sugar. Add eggs, vanilla and almond extract. Mix well. Add dry ingredients to make dough. Spread ½ to ⅔ dough into two (2) 7x7" pans. Pour 1 can of cherry pie filling over the dough into the two pans, spread evenly. Spoon remaining dough over filling, trying to cover most of the filling. Bake at 350° for 40 minutes. Frost with thin icing made of powdered sugar, ½ tsp. either vanilla or almond extract and 1 to 2 tsps. water. Cool and cut into bars.

**PUMPKIN BARS****Mary Stark**

2 cups sugar  
1 cup oil  
4 eggs  
2 cups pumpkin with  
dash of salt

2 cups flour  
2 tsps. baking powder  
1 tsp. soda  
1 tsp. cinnamon  
raisins or nuts (optional)

Combine above ingredients. Bake on large, well-greased cookie sheet at 350° for 20 to 25 minutes. Frost when cool.

**Frosting:**

¾ stick oleo  
1 tsp. vanilla

3 cups powdered sugar  
2 ozs. cream cheese

Mix well.

**DESPERATION DESSERT SQUARES****Maxine F. Huffman**

½ cup margarine, melted  
1 cup brown sugar  
2 eggs  
1 cup flour  
½ tsp. salt  
1 tsp. baking powder  
1 tsp. vanilla

1 cup crushed pineapple, strained  
dried fruit, nuts, chocolate chips,  
coconut, in any combination you  
have on hand to make 2 cups  
sugar  
cinnamon

Mix margarine, brown sugar, eggs, flour, salt, baking powder and vanilla altogether. Add 2 cups of dried fruit, or nuts, or chocolate (or butterscotch) chips, or coconut, plus crushed pineapple. Put in 8x8" buttered pan and bake at 350° for 45 minutes. Sprinkle with sugar and cinnamon before baking.

**CORNFLAKE BARS****Tawnya Staton**

1 (12 oz.) jar chunky peanut  
butter  
¾ cup sugar

¾ cup white syrup  
6 cups cornflakes

Cook peanut butter, sugar and white syrup very carefully, stirring constantly until mixture boils — it doesn't take long. Add this to 6 cups cornflakes. Spread on a greased cookie sheet and cool.

## MARSHMALLOW BARS

1 cup sugar  
½ cup oleo  
2 eggs  
¾ cup flour  
½ tsp. salt  
½ tsp. baking powder

**Shary Branderhorst**  
**Monroe, Iowa**

1 square chocolate, melted  
nuts (optional)  
1 (7 oz.) jar marshmallow cream  
1 cup chocolate chips  
1 cup peanut butter  
1½ cups Rice Krispies

Mix well the sugar, oleo, eggs and dry ingredients. Add melted chocolate and nuts, if desired. Spread in greased 13x9" pan. Bake at 350° for 20 minutes. Spread marshmallow cream over hot layer and bake 3 minutes more. Meanwhile melt chocolate chips with peanut butter. Add Rice Krispies and spread over all. Chill.

## CARAMEL NUT CRUNCH

½ cup brown sugar, packed  
½ cup dark corn syrup  
¼ cup margarine or butter  
¼ tsp. salt

**Esther Roorda**

6 cups Cheerios or Crispex  
1 cup pecans, walnuts or peanuts  
½ cup slivered almonds

Heat oven to 325°F. Butter 15½x10½x1" jelly roll pan. Heat brown sugar, corn syrup, margarine and salt in 3-quart pan over medium heat, stirring constantly until sugar is dissolved (about 5 minutes). Remove from heat. Stir in cereal, nuts and almonds until well coated. Spread in pan, bake 15 minutes and cool slightly. Loosen with metal spatula. Let stand until firm, about 1 hour. Store in covered container.

## SCOTCHAROOS

1 cup sugar  
1 cup white corn syrup  
1 cup peanut butter

**Bernice Vander Ploeg**

6 cups Rice Krispies  
1 (6 oz.) pkg. chocolate chips  
1 (6 oz.) pkg. butterscotch chips

Cook sugar and corn syrup in a 3-quart saucepan over moderate heat until mixture boils. Remove from heat, stir in peanut butter and Rice Krispies. Press in buttered 13x9" pan (let harden). Melt chocolate and butterscotch chips over hot water (not boiling). Stir to blend and spread over Krispies mixture.

## FROSTY TREASURES

1 (6 oz.) pkg. semi-sweet  
chocolate chips  
¼ cup creamy peanut butter

**Judy Buitenwerf**

6 cups Kellogg's Crispex cereal  
2 cups confectioners sugar

In a small bowl microwave chocolate chips on high 1½ minutes or until chocolate melts. Stir in peanut butter. Pour mixture over Crispex cereal.

Place confectioners sugar in gallon size storage bag. Add coated cereal and shake gently until cereal is thoroughly coated with sugar. Refrigerate in airtight container.

**SPECIAL K BARS****Rhonda Fish**

1 cup sugar  
1 cup white corn syrup  
1½ cups creamy peanut butter  
6 cups Special K or Rice Krispies

2 cups chocolate chips  
1¼ cups butterscotch chips  
1 Tbsp. vegetable oil

Bring sugar and syrup to a rolling boil. Remove from heat and add peanut butter; mix well. Pour over cereal; mix well. Put into a greased 13x9" pan.

In top of double boiler, mix chocolate chips, butterscotch chips and vegetable oil with wire whisk until creamy. Pour over bars.

**HELLO DOLLY COOKIES****Evelyn Sorenson**

½ lb. butter or oleo  
1 cup graham crackers, crushed  
1 (6 oz.) pkg. chocolate chips

1 cup pecans, chopped  
1 cup flaked coconut  
1 cup sweetened condensed milk

Melt butter and put in 12x9" pan. Mix butter and graham cracker crumbs. Press into pan and sprinkle on the chocolate chips, then coconut, then pecan pieces. Pour sweetened condensed milk over all. Bake at 350° for 30 minutes. Cool. Cut into 1" squares.

**THE NEXT BEST THING TO R. REDFORD****Deb Barrick  
Indianapolis, Indiana**

1 stick butter  
1 cup graham cracker crumbs  
1 cup coconut, shredded  
1 cup chocolate chips

1 cup butterscotch chips  
1 cup nuts, chopped  
(walnuts or pecans)  
1 cup condensed milk

Melt butter in 9x9x2" pan. Press in crumbs to form a crust. Add other ingredients in order listed above. Layer. Do not mix! Pour milk over layers. Bake at 350° for 25 to 30 minutes. Cool in pan. Serves 12.

**CHESS SQUARES****June Merrill**

1 box yellow cake mix  
1 stick of butter, melted  
1 (8 oz.) cream cheese softened

3 eggs  
1 box confectioners sugar  
½ tsp. almond extract

Mix cake, 1 egg and butter. Spread in the bottom of a 13x9" greased pan. Mix 2 eggs, cream cheese, almond extract and sugar (save enough sugar to sprinkle on top when done). Bake at 350° for 35 to 45 minutes. Sprinkle with sugar when removed from the oven.

## CREAM CHEESE PECAN PIE

Marlys De Wild

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 (10") deep dish pie shell      | 1/2 tsp. salt              |
| 1 (8 oz.) cream cheese, softened | 1 tsp. vanilla             |
| 1/2 cup granulated sugar         | 1 1/4 cups pecans, chopped |
| 1 egg, beaten                    |                            |

Cream the above ingredients together and spread over bottom of unbaked pie shell. Sprinkle with pecans.

### Topping:

- |                        |                     |
|------------------------|---------------------|
| 3 eggs, beaten         | 1/4 cup brown sugar |
| 1 cup light corn syrup | 1 tsp. vanilla      |

Combine topping ingredients and beat until smooth. Pour over pecan layer. Bake at 375° for 40 to 45 minutes. Makes 8 generous servings.

## Joan Farver's CREAM PEACH PIE

- |                              |                   |
|------------------------------|-------------------|
| 7 to 9 fresh, medium peaches | 1/8 tsp. salt     |
| 1 (9") unbaked pastry shell  | dash nutmeg       |
| 1 cup sugar                  | 1 cup heavy cream |
| 1 Tbsp. flour                | 1/2 tsp. vanilla  |

## (Dutch Treats, a favorite of Jay Vermeer and Marlys De Wild)

Arrange peeled, sliced peaches in pie shell. Mix dry ingredients, add cream and vanilla; mix and pour over peaches. Bake at 425° for 15 minutes. Reduce heat to 350° and continue baking for 30 minutes, or until filling is set. (Center will still be soft.) Cool and serve. May top with vanilla ice cream.

## Dody Boat's PEACH PLUM PIE

- |                               |                   |
|-------------------------------|-------------------|
| pastry for one-crust pie      | 1/2 cup flour     |
| 2 cups sliced, peeled peaches | 1/2 tsp. cinnamon |
| 2 cups quartered red plums    | 2 Tbsps. butter   |
| 1 cup sugar                   |                   |

## (dat is lekker kookboek, a favorite of Helen Glendening)

Place fruits in 8x8x2" pan. Combine sugar, flour and cinnamon and sprinkle over fruits. Dot with butter. Roll pastry into 9" square and place over filling. Trim off excess to make even around edge. Fold edge of crust under and press against inside of pan. Brush top with cream and sprinkle with cinnamon sugar. Cut steam vents. Bake at 425° for 35 to 40 minutes. Serve warm with cream or ice cream. Makes 6 servings.

## **GLAZED STRAWBERRY-RHUBARB PIE**

**Lorna De Geus  
Otley, Iowa**

pastry for two-crust pie	2 cups fresh strawberries
1½ cups sugar	2 cups (1" pieces) fresh rhubarb
⅛ tsp. salt	2 Tbsp. butter or margarine
⅓ cup flour OR 2½ Tbsp. cornstarch	1 Tbsp. sugar

Combine 1½ cups sugar, salt and flour (or cornstarch). Arrange half of strawberries and rhubarb in pastry-lined 9" pie pan. Sprinkle with half of sugar mixture. Repeat with remaining fruit and sugar mixture; dot with butter. Adjust top crust and flute edges. Brush top of pie with cold water and sprinkle on 1 Tbsp. sugar. Cut steam vents. Bake at 425° for 40 to 50 minutes or until rhubarb is tender and crust is browned.

## **CARAMEL PECAN PIE**

**Mary Jane Banfield**

36 vanilla caramels, unwrapped	3 eggs, beaten
¼ cup water	½ tsp. vanilla
¼ cup margarine	1 cup pecan halves
¾ cup sugar	1 (9") unbaked pastry shell

Melt caramels with water and margarine over low heat, stirring until smooth. Combine sugar, eggs and vanilla. Gradually add caramel sauce; mix well. Stir in nuts. Pour into pastry shell. Bake at 350° for 45 to 50 minutes. Pie filling will appear soft, but firms as it cools.

## **LEMON PIE**

**Joann Fish**

**Raleigh, North Carolina**

pastry for one-crust pie	1¼ cups hot water
1 cup sugar	¼ cup lemon juice
¼ cup cornstarch	1 Tbsp. grated lemon rind
½ tsp. salt	3 egg yolks, slightly beaten
¼ cup cold water	2 Tbsp. butter

Fit pastry into 8" or 9" pie pan and prick generously with fork. Bake at 450° for 10 to 12 minutes. Cool.

Combine sugar, cornstarch and salt in saucepan. Blend in cold water, add hot water. Cook until thickened, stirring constantly. Continue cooking over low heat until clear (5 to 8 minutes). Stir occasionally.

Add lemon juice and lemon rind. Cook 2 minutes. Blend hot mixture slowly into egg yolks. Return to pan and cook 2 minutes, stirring constantly. Add butter; cool. Turn into baked pie shell. Top with meringue or whipped topping. Refrigerate if using whipped topping.

## DERBY PIE

2 eggs, well beaten  
½ stick margarine, melted  
½ cup light corn syrup  
1 tsp. vanilla

Stir together. Pour into an 8" unbaked pie shell and bake at 350° for 45 to 50 minutes.

Jane Van Oss

## CREAM PIE

¾ cup sugar  
½ cup flour  
⅛ tsp. salt  
2 eggs, separated

½ cup white sugar  
⅓ cup chopped pecans  
⅓ cup chocolate chips

Viola Van Wyk

Cook milk, sugar, salt, flour and egg yolks. Boil 1 minute. Add vanilla. Put in 8" or 9" baked crust or graham cracker crust. Cover with meringue (2 or 3 egg whites). Bake at 350° for 20 minutes.

Optional: add bananas, coconut or cooked raisins.

## GRANDMA LUBBERS'

### BUTTERSCOTCH PIE

½ cup flour  
¾ cup brown sugar  
2 cups milk, scalded

3 egg yolks  
¼ cup butter  
1 tsp. vanilla

Mary Montgomery  
Knoxville, Iowa

In saucepan, combine flour and brown sugar. Gradually stir in scalded milk. Cook and stir with wire whisk over medium high heat until bubbly. Remove from heat. Beat egg yolks and stir approximately ½ cup of hot mixture into yolks; return this to hot mixture and continue cooking, stirring constantly, for 2 minutes. Remove from heat. Add butter and vanilla. Pour into baked pie shell. Top with meringue and bake at 375° for 10 minutes or until well browned.

## Mrs. Geo. Ver Steeg's SEVEN MINUTE ICING

1 egg white  
¾ cup granulated sugar

(Dutch Treats, a favorite of Ilda Van Zee)

2 Tbsps. hot water

Place in double boiler and beat for four minutes. Flavor and beat until creamy.

## Mrs. G.H. Waechter's 'CHOCOLATE' SAUCE

1 cup sugar  
1 Tbsp. flour  
2 Tbsps. cocoa

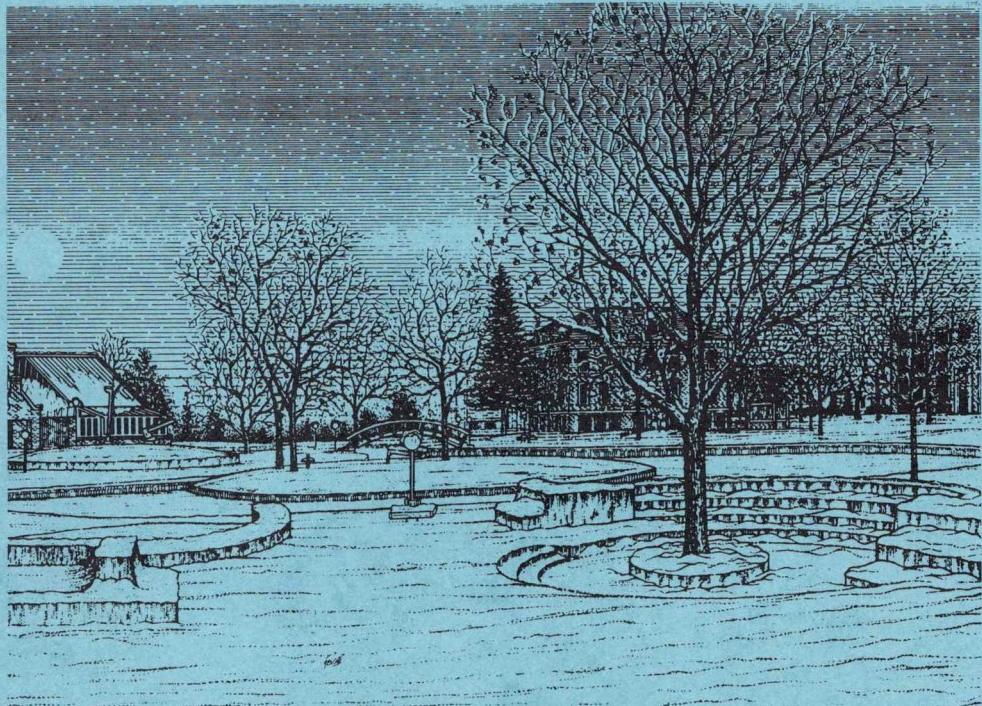
(Pella's Choicest Cooking Recipes, a favorite of Mina Baker-Roelofs)

1 tsp. butter or margarine  
pinch of salt  
1 cup boiling water

Mix dry ingredients thoroughly. Add water, blend, and cook until thickened. Boil 1 to 2 minutes. Add butter or margarine. Use of cocoa makes this sauce or ice cream topping less rich.

# BREADS

Edited by Audrey Wiebenga



## CENTRAL COLLEGE CAMPUS • PELLA

### CENTRAL COLLEGE POND

*The pond is a focal point of many college activities.*





**CHERRY COFFEE CAKE**

Tena Dykstra

2 sticks oleo	1½ tsp. almond flavoring
1¾ cups sugar	1 tsp. salt
4 eggs, one at a time	3 cups flour
1 tsp. vanilla	1½ tsp. baking powder

Pour ½ of batter into jelly roll pan. Spread cherry filling over batter. Spoon rest of batter over cherries. Bake at 350° for 30-40 minutes.

**Icing:**

½ cup powdered sugar	1 tsp. milk
Mix together and spread on coffee cake.	

**QUICK COFFEE CAKE**

Kay De Cook

4 Tbsp. butter, softened	1 cup flour
1 egg	3 tsp. baking powder
½ cup milk	½ tsp. salt
½ cup sugar	1 tsp. cinnamon

Mix butter, egg and milk. Sift dry ingredients and add. Stir mixture until well mixed. Pour into 9" round pan and sprinkle with cinnamon sugar. Bake at 350° for approximately 25 minutes.

**QUICK COFFEE CAKE**J. Hofferber  
Grinnell, IA

2 cups flour	¾ cup sugar
3 tsp. baking powder	¼ cup butter or margarine
1 tsp. salt	2 eggs, unbeaten
¼ tsp. nutmeg	1 cup milk
½ tsp. cinnamon	

Sift flour and baking powder together. Add remaining ingredients. Stir until smooth. Pour into greased pan. Cover with topping.

**Topping:**

¾ cup brown sugar	3 Tbsp. flour
1 Tbsp. margarine	½ tsp. cinnamon

pinch of salt

Cream brown sugar and margarine. Add flour, cinnamon and salt. Spread over top and sprinkle with nuts if desired. Bake at 375° for 25 minutes.

## OVERNIGHT COFFEE CAKE

Alberta Vermeer

2 cups flour	1 tsp. baking powder
$\frac{1}{2}$ tsp. salt	1 cup sugar
1 tsp. cinnamon	$\frac{1}{2}$ cup brown sugar
1 tsp. soda	$\frac{3}{8}$ cup oleo
2 eggs	1 cup buttermilk

### Topping:

$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ cup nuts

In a large bowl, combine dry ingredients. Add melted oleo and buttermilk, mixing until blended. Spread in two greased and floured 8" pans.

In a small bowl, mix the topping ingredients. Sprinkle over the coffee cake. Refrigerate overnight. Bake at 350° for 35 minutes.

## APPLESAUCE MUFFINS

Mary Stark

1 cup sugar (or less)	2 eggs
$\frac{1}{2}$ cup oil	2 tsp. cinnamon
1 tsp. baking powder	$\frac{1}{2}$ tsp. mace
1 tsp. baking soda	$\frac{1}{2}$ tsp. cloves
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. nutmeg
1 cup applesauce	raisins/nuts optional

Mix all ingredients. Place in greased muffin tins. Bake at 350° for 25-30 minutes. Yield: 8-10 muffins.

## BLUEBERRY MUFFINS

Esther Roorda  
Linda Groenendyk

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	1 egg (beat with milk)
3 tsp. baking powder	$\frac{1}{4}$ cup melted margarine
$\frac{1}{2}$ tsp. salt	1 cup frozen blueberries

### Topping:

$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup flour
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{4}$ cup margarine

Mix dry ingredients. Add milk and egg beaten together. Add melted margarine. Fold in blueberries. Spoon into greased muffin cups, filling  $\frac{2}{3}$  full. Mix topping ingredients until crumbly. Sprinkle topping evenly over muffin batter. Bake at 350° for 30-35 minutes. Yield: 12 muffins.

## **BLUEBERRY-LEMON MUFFINS**

¾ cup sugar  
 3 Tbsp. oil  
 1 egg or egg substitute  
 ¾ cup milk, mixed with  
 1 Tbsp. lemon juice  
 1 tsp. baking soda

**Bernice Vander Ploeg**

1 tsp. cinnamon  
 1 tsp. salt  
 1½ cups flour (½ whole wheat  
     and ½ white)  
 1 cup blueberries (fresh or  
     frozen)

Mix sugar, oil, egg, milk and lemon juice together by hand or with mixer on low. Add baking soda, cinnamon, salt and flour. Fold in blueberries. Bake at 400° for 20-25 minutes. Yield: 12 muffins.

## **BRAN OATMEAL MUFFIN MIX**

2 cups boiling water  
 2 cups 100% bran buds  
 1 cup shortening  
 2 cups sugar (brown and white  
     mixed)  
 4 eggs

**Edith Le Cocq**

1 quart buttermilk  
 5 cups flour  
 1 tsp. salt  
 5 tsps. baking soda  
 4 cups uncooked oatmeal

Pour boiling water over bran and set aside. Cream sugar and shortening. Add eggs, buttermilk, flour, salt and soda; add cereals last. Use part of mix if desired and refrigerate rest. Fill well-greased muffin tins ¾ full. Bake at 375° for 15-20 minutes.

Raisins, nuts or dates may be added just before baking. Mix can be refrigerated up to 3 months. Makes about 8 dozen muffins. (Recipe may be cut in half.)

## **MICROWAVE CARROT MUFFINS**

In mixing bowl put:  
 1¾ cups flour  
 2½ tsps. baking powder  
 1 tsp. (or less) salt  
 In blender, put:  
 ⅔ cup milk

**Mildred Steele**

¼ to ⅓ cup corn oil  
 ¼ cup brown sugar  
 2 fresh carrots, washed, scraped  
     and cut into ½ to 1-inch chunks  
 ¼ cups raisins  
 ¼ cups nuts (optional)

Blend until carrots are finely chopped. Pour into dry ingredients. Stir until well mixed, but no longer. Fill greased, sprayed, or paper-lined microwave muffin pans ⅔ full. Sprinkle with sugar-cinnamon. Microwave at "7" heat for 3 minutes.

For conventional oven, bake at 425° in regular muffin tins 25 minutes. Makes 12-14 muffins.

## MANDARIN ORANGE MUFFINS

Laura Patchen

2 cups sifted flour	2 tsp. grated orange rind
2/3 cup sugar	1 (11 oz.) can mandarin oranges, drained and halved
1 tsp. baking powder	1/2 cup orange juice
1/2 tsp. baking soda	1/2 cup plain yogurt
1/4 tsp. salt	1 egg, beaten
1/3 cup shortening	

Sift dry ingredients and cut in shortening until coarse crumbs form. Stir in orange rind and halved orange segments. In small bowl mix together orange juice, yogurt and egg until blended. Add to dry ingredients; stir just until moistened. Spoon batter into 16 paper-lined 2 1/2" muffin pan cups. Bake at 400° for 20 minutes or until toothpick inserted in center comes out clean. Remove from pans. Serve warm.

**Giant muffins:** prepare as directed but spoon batter into 8 greased or paper-lined 3 1/2" muffin pan cups or 6 oz. custard cups. Increase baking time to 25 minutes.

**Muffin loaf:** Prepare as directed but pour batter into greased 8 1/2 x 4 1/2 x 2 1/2" loaf pan. Bake at 350° for 50 to 55 minutes. Cool in pan 10 minutes. Remove, cool on rack.

## MORNING GLORY MUFFINS

Tena Dykstra

*In large bowl combine:*

2 cups flour	2 tsps. soda
1 1/4 cups sugar	2 tsps. cinnamon 1/2 tsp. salt

*Stir in:*

2 cups grated carrots	1/2 cup chopped nuts
1/2 cup raisins	1/2 cup coconut 1 peeled, grated apple

*In small bowl combine:*

3 eggs, beaten	1 cup salad oil
	2 tsps. vanilla

Add contents of small bowl to contents of large bowl and stir until the butter is just combined. Bake at 350° for 20 minutes. Makes 2 dozen.

## \*OATMEAL MUFFINS

Andrea Rouw  
Des Moines, Ia.

1 cup oatmeal	1/2 cup vegetable oil
1 cup buttermilk	1 cup flour
1 egg	1 tsp. soda
1/2 cup brown sugar	1/4 tsp. salt

Soak oatmeal in buttermilk a short while. (Substitute for buttermilk: 1 cup milk with 1 tsp. lemon juice.) Add 1 well-beaten egg. Add remaining ingredients and mix well. Spoon into muffin cups or greased tins. Bake 15 minutes at 400°. Makes 12 muffins.

### SWEET POTATO MUFFINS

½ cup mashed sweet potatoes  
4 Tbsps. butter  
½ cup sugar  
1 egg  
¾ cup flour  
1½ tsps. salt

Mix all ingredients together. Add sweet potatoes last. Fill muffin tins ⅔ full. Bake at 400° for 10-15 minutes.

Mary Du Pree

1½ tsps. cinnamon  
2 tsps. baking powder  
¼ tsp. nutmeg  
½ cup milk  
4 Tbsps. pecans, chopped  
4 Tbsps. raisins

### CHILI CORN CARNE BREAD

1½ cups flour  
1½ cups yellow corn meal  
1 Tbsp. baking powder  
1 tsp. salt  
2 eggs  
1 cup milk  
1 (15 oz.) can chili con carne  
with beans

Mix the first four ingredients well in a large bowl. Beat eggs and milk together and add to the bowl of dry ingredients. Add chili, corn and 1 cup shredded monterey jack cheese. Mix well. Saute onion and chilies in safflower oil until lightly browned. Add onion and chilies to the mixture. Pour the batter into two very well buttered 8" by 8" pans. Bake for 30 minutes at 400°F. Sprinkle ½ cup cheddar, cojack or pepper jack cheese over the top of the bread. Bake for another 4-8 minutes. Serve as "finger food" or spoon salsa on top and eat with a fork. Makes 18 squares.

*Hint:* If you like "spicy" food, use "hot" chili con carne and salsa and add jalapeno peppers to your batter.

Armeda C. Reitzel  
Arcata, CA

1½ cups shredded cheese (1 cup  
monterey jack; ½ cup cheddar,  
cojack or pepper jack cheese)  
¾ cup cream-style corn  
3 Tbsps. chopped green chilies  
3 Tbsps. chopped onion  
2 Tbsps. safflower oil  
salsa (optional)

### GARLIC CHEESE BREAD

1 jumbo loaf French bread (sliced  
lengthwise)  
½ lb. butter  
1 Tbsp. fresh garlic (minced)

Preheat oven at 450°. Warm bread in foil for 3 minutes. Meanwhile, in a blender, combine butter, garlic and cheeses. Process to thoroughly blend. Remove bread from oven and spread butter over each half. Slice bread along width every 3 inches. Garnish with additional cheddar as desired. Place open-faced bread on cookie sheet and broil for one minute or until edges are brown. Serve (serves 4).

Tamre Sutphen Lorenz

¼ cup cheddar cheese (grated)  
¼ cup parmesan cheese (grated)  
grated cheddar for garnish

## CALZONE

2 3/4 cups flour  
1 pkg. active yeast  
1 cup warm water

Tamre Sutphen Lorenz

2 Tbsps. cooking oil  
1/4 tsp. salt

Mix together: 1 1/4 cups flour, yeast, water, 1/4 tsp. salt and oil. Beat on low for 30 seconds, then on high for 3 minutes. Knead in the rest of the flour for 6 to 8 minutes. Divide dough in 1/2 and let rise. Roll dough into a circle. On one half of each circle put pizza sauce, mozzarella cheese, meat such as pepperoni or sausage, etc. Fold over the other half of the dough. Put milk along the edge to hold together. Roll edges up a little bit. Sprinkle milk on top and prick with a fork. Bake at 375° for 30 to 35 minutes. Serves 4.

## GOOD 'N GOOEY COCONUT ROLLS

Betty Sikkink  
Apple Valley, Minn.

1 pkg. coconut pecan frosting mix	1/4 cup soft margarine
1 (3 oz.) pkg. cream cheese (softened)	2 (8 oz.) cans refrigerated crescent rolls
<b>Topping:</b>	reserve frosting mix
2/3 cup sugar	1/4 cup pineapple, apricot or peach preserves
1/3 cup sour cream	1/2 tsp. lemon extract
1/4 cup milk	1/3 cup chopped nuts
3 Tbsp. margarine	

Grease all of 9x13" pan. In small bowl mix 1 1/2 cups frosting mix. Blend with cream cheese and butter. Set aside. Form rolls into rectangle. Spread 1/4 cup of mix on each rectangle. Roll, starting on long end. Cut into 3 pieces and then into 24 rolls. Place seam side down — 3 rows of 8 rolls each. Bake at 350° for 25-30 minutes. Spoon topping over warm rolls.

**Topping:** In small pan combine all ingredients except nuts and lemon. Bring to boil — remove from heat and add nuts and lemon extract.

## CARAMEL SAUCE FOR CINNAMON ROLLS

Wilma Hoekstra

3/4 cup white sugar	3/4 cup vanilla ice cream
3/4 cup brown sugar	1 stick margarine

Mix the above ingredients and cook for 1 minute in a heavy kettle. Cool slightly before pouring over your cinnamon rolls. Set rolls aside to rise.

## CARAMEL PECAN PUFFS

Ruby Van Vark

1 cup brown sugar	2 tubes refrigerated biscuits
1/2 cup whipping cream	

Mix sugar and cream until well blended in 13x9" pan. Sprinkle with chopped pecans, then add 2 tubes of refrigerated biscuits which have been cut in fourths. (Butter flavor biscuits are best.) Lay in caramel mixture. Bake at 350° for 20 minutes.

## MRS. W.G. WING'S POPOVERS

(Pella's Choicest Recipes

Favorite of Mina Baker-Roelofs)

3 eggs  
½ tsp. salt  
1 tsp. sugar

1 cup flour  
1 cup milk  
2 tsps. salad oil

Before starting popovers, grease iron popover pans, custard cups, or muffin tins and place in oven at 450°. Beat eggs until frothy. Add salt, sugar, flour and half the milk. Beat until smooth. Add remaining milk, oil and beat until just blended. Fill sizzling hot cups half full of batter. Bake at 450° for 15 minutes. Reduce oven to 400° for remaining 15 minutes. Do not open oven until popovers are done. Makes 12 popovers. (Note: Keep your eye on preheating of pans or cups.)

## JUMP START HONEY WHEAT ROLLS

Grace Moore  
Perry, IA

4 to 5 cups white flour  
1½ cups whole wheat flour  
½ cup wheat germ  
½ cup sugar  
2 tsps. salt

2 pkgs. quick rise dry yeast  
2 cups water  
¾ cup oil  
2 eggs, beaten  
3 Tbsps. honey

In large bowl combine 3 cups white flour; 1 cup whole wheat flour, wheat germ, sugar, salt and yeast; blend well. In small saucepan heat water, oil and honey until 120° to 130°F. Add warm liquid and eggs to flour mixture, blend at low speed until moistened. Beat 3 minutes at medium speed. By hand stir in remaining whole wheat flour and enough white flour to make a stiff dough. On floured surface, knead in ½ to 1 cup white flour until dough is smooth. Let rise in greased bowl until doubled. Punch down and make into desired shapes. Let rise again. Bake at 350° for 14-18 minutes until golden brown. Remove and brush with melted butter.

## QUICK AND EASY ROLLS

1 cup buttermilk  
¼ tsp. soda  
1 tsp. sugar  
1 tsp. salt

1 pkg. quick active dry yeast  
3 Tbsps. soft shortening  
2½ to 2¾ cups flour

Mix together the buttermilk, soda, sugar and salt. Then mix in the package of quick acting dry yeast and stir well. Add the shortening and mix again. Gradually add the flour until well blended. Remove to board and knead 5 minutes. Shape into walnut-sized balls, place on cookie sheet, and let rise until double in size. Bake at 400° for 15-20 minutes, until golden brown. Makes 24 mini or 12 large rolls.

Maxine Huffman

## SPICED ROLLS PRONTO

Gladys Power Reynolds

Sun City, CA

Packaged refrigerated crescent rolls lend themselves to many variations. Unroll the dough and separate along the perforations. Brush with melted butter, margarine or oil. Sprinkle margarine on the spicings, roll up and bake as directed on package.

### Flavor suggestions:

Chili powder, onion powder and grated cheddar cheese

Salad oil sprinkled with Italian seasonings

Grated parmesan with garlic powder

Melted butter sprinkled with equal parts of caraway, sesame and poppy seeds

Prepared mustard with curry powder

Melted butter, orange rind, chopped walnuts, cinnamon and nutmeg.

## MARGE'S BUTTERHORNS

Gretchen Bearce

1 cup oleo

1½ cups cottage cheese

dash of salt

2 cups flour

### Glaze:

1 Tbsp. oleo

1 Tbsp. milk

1 cup powdered sugar

½ tsp. vanilla

Blend oleo and cheese until smooth. Add salt and flour to first mixture. Let stand overnight in refrigerator. On floured surface divide into three parts. Roll into circle, pie dough thickness. Cut into 12 wedges. Roll up each from outside edge. Place on ungreased cookie sheet. Bake at 350° for 30-40 minutes. Remove to paper towels while hot. Glaze, if desired, while warm.

## Mrs. Henry (Queene) Cox's OMAGENA OR ANADAMA BREAD (A favorite of Peggy Pierson, Dutch Treats)

½ cup corn meal

½ cup molasses

2 cups boiling water

1 tsp. salt

2 pkgs. yeast dissolved in ½ cup

½ tsp. soda

lukewarm water

5 cups flour

2 Tbsps. shortening

Stir cornmeal very slowly into boiling water. When well-mixed, add shortening, molasses, salt and soda. Cool until tepid. Add dissolved yeast and flour gradually to make a stiff dough. Knead well. Keep in warm place to rise until double in bulk. Divide into 2 equal parts. Place in 8 x 4" greased loaf pans and let rise again. Bake 1 hour at 350°. To serve, slice and butter and reheat.

## BANANA BREAD

Sylvia Van Zee

1 cup sugar	5 Tbsps. sour milk
½ cup shortening	¼ tsp. salt
1 cup mashed bananas	2 cups sifted flour
1 egg, well beaten	½ cup nuts (optional)
1 tsp. soda	

Cream shortening and sugar, add egg and beat well. Add bananas (and nuts). Mix soda and sour milk; add to creamed mixture. Add flour and salt gradually. Bake in loaf tin at 350° for 45 minutes or longer until done.

## \*DIABETIC BANANA BREAD

Gertrude Nettinga  
Edgerton, Minn.

½ cup butter or margarine (melted)	3 Tbsps. Sprinkle Sweet
2 eggs (beaten)	3 large bananas, mashed
3 Tbsps. milk	2 cups flour
1 tsp. baking powder	1 tsp. soda
1 tsp. salt	½ cup nutmeats

Mix in order given. Pour into 2 greased 9"x5" pans. Bake at 350° for 30-40 minutes. (Can be baked in 3 vegetable cans.)

Can add ¾ cup chopped dates and 10-12 maraschino cherries (cut in half). Bake as directed. A nice fruit bread.

Can be frozen and must be kept in refrigerator as it molds easily.

## BANANA CHERRY CHOCOLATE CHIP BREAD

Penny Reynen  
Hollandale, Minn.

1 cup sugar	½ tsp. baking soda
½ cup butter or margarine	½ cup candied cherries
2 eggs	¼ cup chopped nuts
3 bananas, mashed	½ cup chocolate chips
2 cups flour	

Cream sugar and butter; add eggs and mix well. Add bananas and mix well; stir in flour and soda, mix quickly to moisten. Stir in nuts, chips and cherries. Pour and spread into greased loaf pan. Bake at 350° for 50-60 minutes or until done. Makes 1 large loaf or 2 small.

## BANANA-WHEAT QUICK BREAD

Lorna De Geus  
Otley, Ia.

1 1/4 cups all purpose or unbleached flour	1/4 cup margarine or butter, softened
1/2 cup whole wheat flour	2 Tbsps. orange juice
1 cup sugar	1/4 tsp. lemon juice, if desired
1 tsp. soda	1 egg
1 tsp. salt	1/4 to 1/2 cup raisins
1 1/2 cups mashed bananas (3)	

Heat oven to 325°F. Grease (not oil) and flour bottom of a 9"x5" or 8"x4" pan. (Lightly spoon flour into measuring cup; level off.) In large bowl, blend all ingredients. Beat 3 minutes at medium speed. Pour batter into prepared pan. Bake at 325°F for 60 to 70 minutes or until a toothpick inserted in center comes out clean. Remove from pan to cool. Makes 1 loaf. (Can make 4 miniature loaves using 5"x2 1/2"x1 1/2" pans or soup cans. Bake 35 to 40 minutes.

## BEER BREAD

Tawnya Staton

3 cups self-rising flour	1 can beer
3 Tbsps. sugar	pinch of salt

Stir all ingredients together and put into 9x5" greased bread pan. Bake at 350° for 60-70 minutes.

## \*BRAN BREAD

Gertrude Nettinga  
Edgerton, Minn.

1 cup Kellogg All Bran	2 Tbsps. Sprinkle Sweet
1 cup sour milk or buttermilk	1 cup flour
1/2 cup raisins	1 tsp. soda
1 Tbsp. molasses	

Mix together first three ingredients. Add molasses and Sprinkle Sweet. Sift flour and soda together. Add to batter. Pour into two greased vegetable cans. Cover top with foil while baking. Bake at 350° for 1 hour.

## CHALLAH (Jewish Egg Bread)

Louise Zaffiro

1 pkg. yeast	2 tsps. salt
2 tsps. sugar	2 eggs
1¼ cups warm water	2 Tbsps. melted butter or oil
4½ to 5 cups hard-wheat, white flour	1 egg yolk
	sesame seeds or poppy seeds

Dissolve the yeast in ¼ cup of the water and add the sugar. Sift 4 cups of flour together with salt into a large mixing bowl and add 2 eggs, melted butter or oil, and rest of water, as well as the yeast mixture.

Stir vigorously until all is well-blended. Dust a large board with about ½ cup flour and turn the dough out to knead. Knead in as much of the remaining flour as needed to make a smooth, elastic, non-sticky dough.

Grease a large bowl and put the dough into it. Cover and leave it to rise in a fairly warm place for about 1 hour. Punch it down and let it rise again until double in bulk.

On a lightly floured board, shape the Challah: first divide the dough into 2 parts—one slightly larger than the other. Then cut the larger part into 3 equal pieces. Roll the pieces into strips and form a fat, even braid. Place it in the middle of a buttered baking sheet. Now repeat this procedure with the smaller piece of dough, and place the second braid on top of the first.

Cover with a light tea towel and let rise for about ½ hour. Brush the loaf heavily with the egg yolk and sprinkle it generously with poppy or sesame seeds. Bake at 375 degrees for about 50 minutes. You will have one very large and impressive Challah, golden brown and shiny.

## CHOCOLATE WALNUT DATE LOAF

Audrey Wiebenga

1 cup (1 six-oz. pkg.) semi-sweet chocolate chips	¾ cup milk
¼ cup butter or shortening	2¾ cups sifted all purpose flour
½ cup granulated sugar	1½ tsps. salt
¾ cup boiling water	1 tsp. baking powder
1 cup sliced, pitted dates	1 tsp. soda
1 egg, beaten	1 cup coarsely chopped California walnuts
1 tsp. vanilla	

Melt chocolate and butter together over hot (not boiling) water. Add sugar and mix well. Set aside to cool. Pour boiling water over dates and cool. Stir egg and vanilla into cooled chocolate mixture. Add milk and dates with water. Resift flour with salt, baking powder and soda into chocolate mixture and stir just until all of flour is moistened. Add walnuts and mix lightly. Turn into well greased 9x5x3" loaf pan. Let stand 20 minutes. Bake below oven center at 350°, 65 to 75 minutes, until pick inserted in center comes out clean. Cool 5 to 10 minutes, then turn out onto wire rack to cool.

## CRANBERRY NUT BREAD

Ruth Jolly Knapman  
Fairbanks, Alaska

2 cups flour	¾ cup orange juice
1 cup sugar	1 Tbsp. grated orange rind
1½ tsps. baking powder	1 egg, well beaten
½ tsp. salt	½ cup chopped nuts
¼ cup shortening	1 to 2 cups cranberries

Sift dry ingredients. Cut in the shortening until the mixture resembles coarse corn meal. Combine orange juice and grated rind with well-beaten egg. Pour all at once into dry ingredients. Mix just enough to moisten. Fold in nuts and cranberries. Spoon into a greased loaf pan 9x5x3". Spread corners and sides slightly higher than the center. Bake at 350°F for 1 hour. Remove from the pan. Store overnight for easy slicing.

## ENGLISH MUFFIN BREAD

Donald Beving  
Des Moines, Ia.

Mix:

3 cups flour	1¾ cups milk
2 pkgs. yeast	½ cup water
2 tsps. salt	⅓ cup honey

Combine:

1¾ cups milk
½ cup water
⅓ cup honey

Heat to warm and add ¼ teaspoon soda. Add liquid to dry mixture and beat well. Add 2 to 2½ cups flour and put into two greased corn meal pans. Sprinkle with corn meal and let rise for 45 minutes. Bake at 400° for 25 minutes. (½ cup whole wheat flour can also be substituted for ½ cup of the white flour.)

## \*HEALTH BREAD

1 cup raisins
1 cup water
1 cup whole wheat flour
1 cup oatmeal
1 cup All Bran

Glenda Duven, Joyce Schipper

1 tsp. salt
½ cup sugar
1 tsp. soda
1 cup buttermilk
1 egg

Boil raisins in water for 5 minutes, cool. Combine with remaining ingredients. Bake at 350° for 1 hour in greased loaf pan.

**Variation:** Add 1 tsp. cinnamon and/or ½ cup nuts. Bake in four greased 12-ounce orange juice cans. Bake at 350° for 40-45 minutes.

## JOAN FARVER'S LEMON BREAD

(Favorite of Lillian Hiemstra,  
Dat is Lekker Kookboek)

1 box lemon cake mix
1 lemon pudding mix
¼ cup poppy seeds

½ cup vegetable oil
1 cup water
4 eggs

Combine all ingredients and beat 4 minutes. Fill large buttered bread pan. Bake at 375° for 50-60 minutes.

### \*PINEAPPLE BREAD

Gertrude Nettinga  
Edgerton, Minn.

2 cups flour	2 Tbsps. vegetable oil
1 tsp. soda	1 tsp. vanilla
1/2 tsp. salt	1 cup crushed, unsweetened
1/2 cup Sprinkle Sweet	pineapple with juice
1 egg	1 cup raisins

Sift flour, soda and salt together in a mixing bowl. Stir in Sprinkle Sweet. Combine beaten egg, oil and vanilla. Add to dry ingredients along with pineapple. Fold in raisins.

### ZUCCHINI PINEAPPLE BREAD

Bessie Ullman  
Ottumwa, Ia.

1 cup margarine	1 tsp. baking powder
1 1/2 cups sugar	1 tsp. baking soda
3 large eggs	1 1/2 tsps. cinnamon
2 cups shredded zucchini	1 tsp. nutmeg
1 (20 oz.) can pineapple, drained	1 1/2 tsps. vanilla
3 cups flour	1/2 cup chopped walnuts

Cream shortening and sugar, add eggs, zucchini, pineapple; sift dry ingredients together. Fold into batter. Add vanilla and walnuts. Bake at 350° for 1 hour. Makes 2 loaves. Cool and remove from pans.

### \*WHOLE-WHEAT PIZZA DOUGH

Deb Sheridan  
Grinnell, Ia.

3/4 cup warm water	3/4 cup unbleached white or
1 tsp. sugar	all-purpose flour
1 pkg. rapid-rise yeast	1/2 tsp. salt (optional)
1 1/2 cups whole-wheat flour	1/2 tsp. herbs such as oregano or basil (optional)

Combine sugar and water, add yeast and stir to dissolve. Let sit for about 5 minutes until mixture bubbles.

In a large bowl, mix the flours, salt, and herbs. Make a well in the center and slowly pour in the yeast mixture while mixing. Knead the dough until it forms a smooth, elastic dough. If dough is sticky, add more flour as you knead. Lightly dust the ball of dough with all-purpose or unbleached white flour, put into the bowl and cover with plastic wrap or a towel. Place in a warm place and allow to rise until doubled in bulk, about 30 minutes.

Divide dough for two small pizzas or roll out as is for one large pizza. Roll out dough on floured surface and top with sauce, a variety of vegetables, and cheese. Bake at 475°F until crust is browned slightly and cheese is melted.

## BASIC YEAST BREAD

Edith Le Cocq

2 pkgs. dry yeast	$\frac{2}{3}$ cup vegetable oil
1 tsp. sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup warm water	2 cups warm water
3 eggs	4 to 5 cups flour
$\frac{2}{3}$ cup sugar	

Mix dry yeast and 1 teaspoon sugar with  $\frac{1}{2}$  cup warm water. Let stand. Beat 3 eggs in mixer. Add  $\frac{2}{3}$  cup sugar, the oil, and the salt. Add 2 cups warm water. Add 4 or 5 cups flour, beating until smooth. Add yeast mixture. Continue to beat and add flour until dough can be handled. Put out on large bread board. Knead, adding flour as needed until very smooth. Put in large bowl. Let rise until double. Punch down; let rise again. Punch down and knead, dividing dough into 4 equal parts. Shape loaves and put in four 8x11" greased pans. Let rise again. Bake at 350° for 30-35 minutes. Let cool on racks. Brush with margarine or butter while still warm.

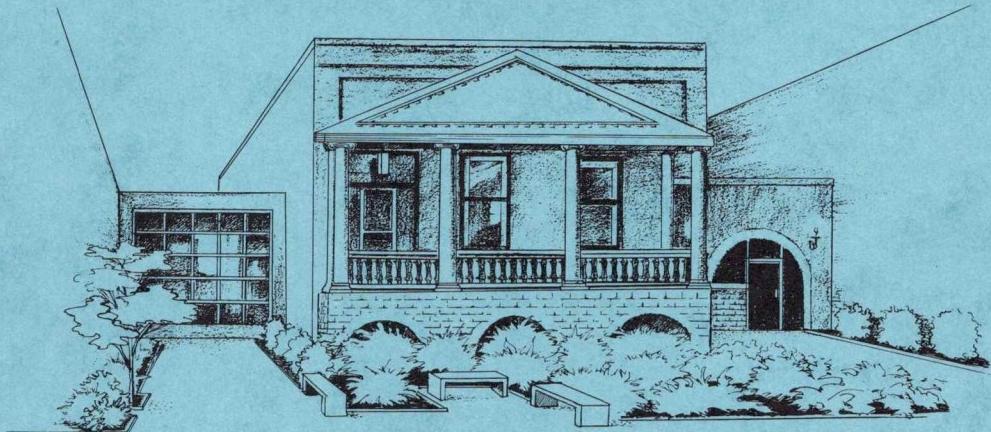
### Variations:

Whole wheat bread: Same mixture except adding 4 to 5 cups whole wheat flour at first instead of white. Continue as above.

Currant bread: Same as white bread. Add 1 cup currants and  $\frac{1}{2}$  cup nuts. To early mixture add 1½ Tbsps. cinnamon, 1 tsp. nutmeg, and  $\frac{1}{8}$  tsp. cloves.

# MISCELLANEOUS

Edited by Betty Bergman

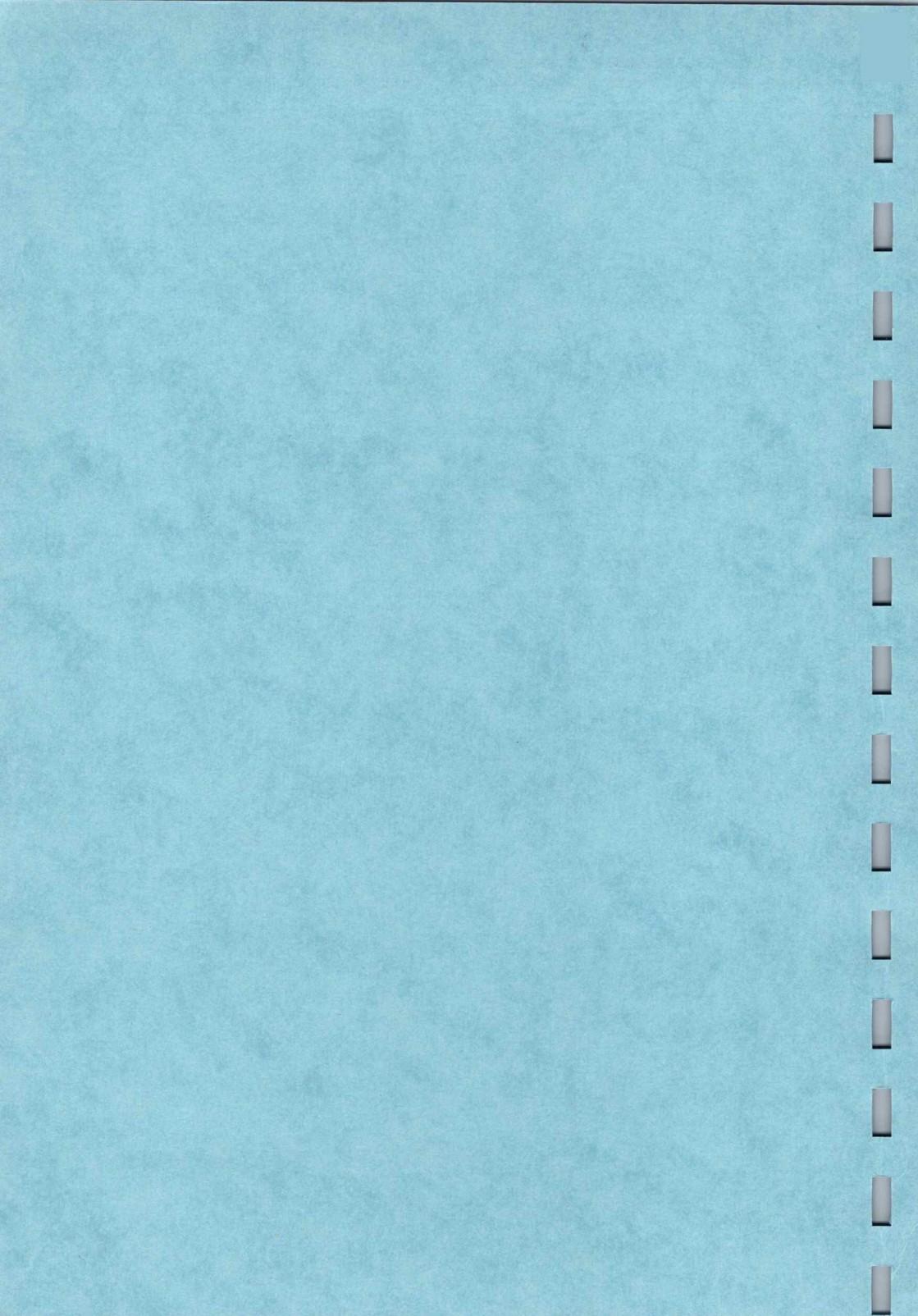


## CARNEGIE-VIERSEN PUBLIC LIBRARY PELLA

### CARNEGIE-VIERSEN PUBLIC LIBRARY

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## **MACADAMIA FRENCH TOAST**

**Art & Diane Alt**

4 eggs	8 slices Italian bread (cut in 1" slices)
2/3 cup orange juice	1/4 cup sugar
1/3 cup milk	1/3 cup melted oleo or butter
1/4 tsp. nutmeg	1/2 cup macadamia nuts
1 tsp. vanilla	

Beat eggs, juice, milk, sugar, nutmeg, vanilla. Put bread in tight-fitting container. Pour mixture over bread. Cover and refrigerate overnight turning once.

Preheat oven to 400 degrees. Put melted oleo in jellyroll pan. Put in soaked bread. Sprinkle with nuts. Bake uncovered 20-25 minutes. Serve hot with syrup. (I serve with fresh banana chunks and coconut.)

## **OATMEAL PANCAKES**

**Diane Iverson**

1 1/2 cups oats	1 tsp. salt
2 cups buttermilk	1/2 cup flour
1 tsp. sugar	2 eggs
1 tsp. soda	

Mix together the oats and buttermilk. Add rest of ingredients. Cook on hot griddle. (I use a small amount of bacon fat to cook them in.)

## **\*WHEAT PANCAKES**

**Mert Tysseling**

1 Tbsp. vinegar	1/4 tsp. salt
1 1/3 cups skim milk	1/4 cup egg substitute
3/4 tsp. soda	3 Tbps. oil
1 1/2 cups whole wheat flour	

Add vinegar to milk. Let stand 1 minute. Add soda. Sift flour and salt together. Add milk to dry ingredients and mix well. Stir in egg and oil. Bake on hot griddle, using 1/4 cup batter per pancake. Serve with orange strawberry sauce.

## **Orange Strawberry Sauce:**

8 oz. unsweetened strawberries (fresh or frozen)	2 Tbps. cornstarch
1/2 cup orange juice	low calorie sweetener to taste

Thaw berries, if necessary. Dissolve cornstarch in juice. Mix with berries and cook on low heat or in microwave, stirring until thickened. Add sweetener. (If you use sweetened berries, you will need to add another tablespoon of cornstarch.)

## OVERNIGHT PANCAKES

Sylvia Van Zee

2 cups flour	½ tsp. salt
1 tsp. baking soda	1 egg, beaten
1 tsp. baking powder	2 cups buttermilk
1 Tbsp. sugar	

Sift together: flour, sugar, salt, soda and baking powder. Blend beaten egg and buttermilk. Gradually beat flour mixture into egg mixture. Cover well, store overnight. In morning stir well. (Add a little milk if batter is too thick.)

## BUTTERMILK PANCAKES

Glenda Duven

1 egg, beaten until frothy	2 tsps. baking powder
1 ¼ cups buttermilk	½ tsp. baking soda
1 cup flour	¼ tsp. salt

Mix all ingredients and fry on hot griddle.

## HOLIDAY PANCAKES

Norma Gaass

2 cups packaged pound cake mix	2 eggs
1 ½ cups milk	6 Tbsps. melted butter

Mix all well. Spoon batter on lightly greased griddle. Cook until top is bubbled and edges look done. Turn. Roll up jellyroll style. Top with whipped topping, fresh fruit, orange syrup, powdered sugar, etc.

## CREAM OF DEVILED EGGS

Martha Wilkins  
Aurora, Colorado

6 hard-boiled eggs, peeled	WHITE SAUCE:
¼ cup mayonnaise	3 Tbsps. butter
1 tsp. vinegar	3 Tbsps. flour
1 tsp. mustard	1 ½ cups milk
salt and pepper	

Halve the peeled eggs lengthwise. Mash the yolks with the above mixture. Stuff the white with the yolk mixture.

Place the deviled eggs in a single layer in a greased shallow baking dish. Cook white sauce ingredients together until thickened; pour over the deviled eggs. Sprinkle some cooked, crumbled bacon on top, and finish with some *buttered* bread crumbs. Bake until hot and bubbly, about ½ hour at 250°.

If prepared the evening before, it will need about one hour in the oven at 350° since it is cold coming from the refrigerator.

**ASPARAGUS BREAKFAST**

1/4 lb. crushed Club crackers  
1 (15 oz.) can asparagus  
2 lbs. ham, cubed  
6 hard-cooked eggs, sliced

**Mary Dupree**

1/3 cup chopped olives  
1 can mushroom soup  
1 small can evaporated milk  
1/2 lb. grated cheddar cheese

Spread 3/4 of the crumbs in a buttered baking dish. Cut up asparagus and spread over crumbs. Add ham, eggs and olives. Top with remaining crumbs. Mix soup with milk and cheese and pour over the rest. Bake at 400° for 20 minutes.

**BREAKFAST BISCUITS**

1 lb. sausage, cooked slightly  
10 oz. grated cheddar cheese

**Evelyn Beyer**

3 cups biscuit mix  
1 cup milk

Stir together the biscuit mix and milk. Add sausage and cheese. Put on ungreased cookie sheet about 3/4-inch apart, size of walnut. Press down with fork. Bake at 350° for 12-15 minutes. Can be frozen.

**SAUSAGE/EGG BREAKFAST**

2 1/2 cups seasoned croutons  
2 cups grated cheese  
2 lbs. sausage, browned and  
drained  
6 eggs, beaten

**Mary Dupree**

1 can mushroom soup  
4 ozs. drained mushrooms  
2 1/2 cups milk  
3/4 tsp. dry mustard

Put croutons in bottom of a 9x13" greased dish. Add cheese and sausage. Beat eggs; add mushrooms, milk and soup to the eggs. Pour over all.

Put in the refrigerator overnight. Bake at 300° for 1 1/2 hours. Let stand 10-15 minutes before serving.

**BREAKFAST PIZZA**

1 lb. sausage, browned  
1 cup cheddar cheese  
1 cup frozen hash browns, partly  
thawed

**Mary Jane Banfield**

1 tube of 8 refrigerated crescent  
dinner rolls  
4 eggs  
1 cup milk

Brown and drain sausage. Put dough out on a round pizza pan and flute edges. Blend eggs and milk. In order, layer sausage, cheese and hash browns on dough. Pour egg and milk mixture over top. Bake at 325° for 20-25 minutes.

## BREAKFAST CASSEROLE

1½ lbs. ground pork, browned  
and drained  
8 eggs  
2 cups milk

Put bread on bottom of 9x13" pan. Lay slices of cheese on top of bread. Beat eggs; add milk, soup and meat. Pour mixture over bread and cheese. Cover and refrigerate overnight. Bake 1¼ hours at 350°. Serves 8-10.

**Mary Jane Banfield**

1 can cream of celery soup  
½ lb. American cheese, sliced  
8 pieces of bread

## LITE BREAKFAST CASSEROLE

3 cups cubed French bread  
vegetable cooking spray  
¾ to 1 cup diced, lean-cooked ham  
1 cup shredded low-fat cheddar  
cheese

Spray 8x8" baking dish. Place bread in bottom; layer ham and then cheese over bread.

Combine milk, eggs, mustard and pepper and beat slightly. Pour over cheese. Cover and refrigerate overnight.

Remove from refrigerator and let stand 30 minutes. Bake uncovered at 350° for 30 minutes.

**Mary Dupree**

1½ cups skim milk  
¾ cup egg substitute  
1 tsp. dry mustard  
¼ tsp. white pepper

## BREAKFAST PIE

8 slices crisp bacon (reserve  
1 Tbsp. drippings)  
½ cup cornflake crumbs  
5 eggs  
2½ cups frozen hash browns  
½ cup cottage cheese

1½ cups (4 oz.) shredded Swiss  
cheese  
⅓ cup milk  
1 onion, diced  
1 tsp. salt  
⅛ tsp. pepper

**Donna Knoth  
Holland, Michigan**

Crumble bacon and set aside. Mix crumbs with drippings and set aside. In medium bowl beat eggs until foamy. Stir in remaining ingredients. Pour into greased 9" pie pan. Sprinkle with bacon and crumbs. Cover and refrigerate overnight.

Bake, uncovered, at 325° for 50 minutes, until knife inserted near center comes out clean. Serves 6.

## COTTAGE BAKED EGGS

10 eggs  
½ cup flour  
1 tsp. baking powder  
1 ¾ cups cottage cheese  
6 ozs. cheddar cheese  
6 ozs. Jack cheese

Tamre Sutphen Lorenz

chopped vegetables and/or cooked meats (i.e. raw mushrooms, green onions, broccoli, ham, sausage, bacon)  
¼ cup butter

Beat eggs, add flour and baking powder and beat again. Stir in cottage cheese and cheese. Add vegetables and/or meats of your choice.

Melt butter in a 2-quart baking dish. Pour in egg mixture and bake at 350-375° for 30 minutes or until slightly brown and puffy. Serve immediately. Serves 8.

Note: This can be made in 8 individual baking dishes. Bake 20 minutes.

## DOC SHULTZ SPECIAL

1 lb. bacon, diced & fried  
1 onion, chopped

Mary Dupree

6 potatoes, boiled and diced  
6 to 8 eggs

Use an iron skillet if you have one. Fry bacon, push aside. Brown onion until limp, push aside. Fry potatoes. Crack eggs over the whole mixture and stir until done. Amounts depend on how many servings wanted.

(Dr. Joe Schultz ordered this breakfast at Central Park Cafe. Makes a delicious picnic meal.)

## TWO-TONE FUDGE

1 cup evaporated milk  
2 cups sugar  
14 vanilla caramels (Kraft)

Donna Knoth  
Holland, Michigan

½ lb. chocolate chips  
½ lb. peanut butter

Combine milk and sugar in a 2-quart saucepan. Add caramels and place over low heat; cook, stirring constantly until sugar and caramels are dissolved and come to a boil. Increase heat and boil 6 minutes, stirring constantly. Pour half of the mixture into a separate bowl. To one add peanut butter and the other chocolate chips. Stir each until smooth. Turn one mixture into greased 8" square pan and add the other on top. When cool, cut into squares.

## APRICOT BALLS

1 (6 oz.) pkg. dried apricots, cut into small pieces  
1 cup flaked coconut

Milly Vande Kieft

½ cup chopped nuts  
⅓ can sweetened condensed milk  
½ cup powdered sugar

Combine apricots, coconut and nuts; add condensed milk, mixing well. Shape into 1-inch balls. Let set for a few hours, then roll in powdered sugar. Makes about 3 dozen.

## KENTUCKY BOURBON BALLS

$\frac{1}{2}$  cup oleo, softened  
3 Tbsp. sweetened condensed milk  
 $\frac{1}{3}$  cup plus 2 Tbsp. bourbon  
7 $\frac{1}{2}$  cups powdered sugar

Milly Vande Kieft  
 $\frac{1}{2}$  cup finely chopped pecans (optional)  
1 (6 oz.) pkg. semisweet chocolate chips  
1 Tbsp. melted paraffin  
pecan halves

Combine oleo, condensed milk and bourbon in large mixing bowl. Add sugar and knead until mixture is well blended and does not stick to hands. (More powdered sugar may need to be added.) Add chopped pecans. Shape into 1-inch balls.

Melt chocolate chips and paraffin. Dip each bourbon ball into chocolate mixture. Place on waxed paper. Gently press a pecan half on each. Makes about 6 dozen.

## PEANUT BUTTER BALLS

1 cup peanut butter  
3 cups powdered sugar  
 $\frac{1}{2}$  cup butter, melted

Deb Barrick  
Indianapolis, Indiana

1 cup chocolate bits  
 $\frac{1}{4}$  bar shredded paraffin

Melt butter and mix together with peanut butter and powdered sugar by hand. Roll into walnut-size balls and chill for one hour. Melt together in saucepan or in microwave the cup of chocolate bits and the shaved paraffin. When the dough mixture has chilled for an hour, dip the balls individually in the freshly melted chocolate mixture until each is fully coated. Rest the coated peanut butter balls on waxpaper until the chocolate has hardened. 12 servings. Delicious, nobody...can eat just one!

## CRUNCHY PEANUT BUTTER BALLS

$\frac{1}{2}$  cup oleo  
2 $\frac{1}{2}$  cups chunky peanut butter  
2 $\frac{1}{2}$  cups rice krispies

Lillian Hiemstra

1 lb. powdered sugar  
1 $\frac{1}{2}$  lbs. almond bark

Melt oleo; add peanut butter, rice krispies and powdered sugar. Mix together; shape into small balls. Melt almond bark, dip balls in the bark.

## PEANUT SNOWBALLS

4 cups extra crunchy peanut butter  
 $\frac{1}{2}$  cup butter  
1 Tbsp. vanilla

Peggy Pierson

4 cups powdered sugar  
1 cup dry milk  
2 cups peanuts, chopped quite fine

Mix all until creamy. Shape into balls about the size of a walnut. Dip in white bark melted over hot water in double boiler. Place on waxed paper to dry.

**CHOCOLATE PEANUT CLUSTERS****Milly Vande Kieft**

1 lb. white almond bark                    1 (12 oz.) pkg. semi-sweet  
1 (16 oz.) jar dry roasted peanuts        chocolate chips

Melt bark and chocolate chips. Add peanuts and mix well. Drop by tablespoonful on waxed paper. Makes about 5 dozen.

**PEANUT CANDY****Milly Vande Kieft**

1 (12 oz.) pkg. raw peanuts                 $\frac{1}{2}$  cup water  
1 cup sugar

Place all ingredients in skillet and cook slowly until **all** the water evaporates. Spread mixture on jelly roll sheet and sprinkle heavily with salt. Bake for 30 minutes at 300 degrees, stirring once.

**SALTED NUT ROLLS****Betty Sikkink, Apple Valley, Minn.  
Wilma Hoekstra**

2 (12 oz.) jars dry roasted                1 can sweetened condensed milk  
peanuts                                        1 (12 oz.) pkg. peanut butter chips  
3 Tbsp. margarine                          1 (10 oz.) bag small marshmallows

Sprinkle peanuts on bottom of 9x13" pan. Melt chips and margarine. Add milk and heat until it starts to bubble. Add marshmallows and stir in. Pour over peanuts and pour other peanuts on top. Press peanuts lightly into mixture. Cool before cutting.

**PEANUT BUTTER CHOCOLATE FUDGE****Shelly Rigen  
Julie Noland**

1 (5 to 10 oz.) jar marshmallow         $\frac{1}{4}$  tsp. salt  
cream                                        1 cup peanut butter chips  
1 $\frac{1}{2}$  cups sugar                              1 cup chocolate chips  
 $\frac{2}{3}$  cups evaporated milk                  1 tsp. vanilla  
 $\frac{1}{4}$  cup butter or margarine

Mix together, in a saucepan, the marshmallow cream, sugar, evaporated milk, butter and salt. Bring to a full boil over moderate heat, stirring constantly. Boil for 5 minutes. Remove from heat; add the peanut butter chips and the chocolate chips. Stir in vanilla. Pour into 8-inch square pan and chill until firm.

**PEANUT BUTTER FUDGE****Barbara Whitaker**

2 Tbsps. butter	2 cups (4 oz.) miniature marshmallows
$\frac{2}{3}$ cup undiluted evaporated milk	1½ cups (1½ 6 oz. pkgs.) peanut butter chips
1½ cups sugar	
$\frac{1}{2}$ tsp. salt	
1 tsp. vanilla	1 cup (6 oz.) chocolate chips

Combine butter, evaporated milk, sugar and salt in saucepan over medium heat, stirring occasionally. Bring to a full boil; cook 4 to 5 minutes, stirring constantly. Remove from heat. Stir in vanilla, marshmallows and peanut butter chips. Stir vigorously for 1 minute (until marshmallows melt and blend). Pour into 8-inch square buttered pan. Cool. Melt chocolate chips; spread on fudge. Chill before serving.

**QUICK NO-COOK POTATO FUDGE****Penny Reynen  
Hollandale, Minnesota**

2½ oz. bitter chocolate	$\frac{1}{2}$ tsp. salt
3 Tbsps. butter	1 tsp. vanilla extract
$\frac{1}{3}$ cup mashed potatoes	3½ cups powdered sugar

Melt chocolate and butter over hot water. Add mashed potatoes, salt and vanilla. Mix thoroughly. Blend in sugar; knead until smooth. Press into a buttered 8-inch square pan. Cool and cut into squares.

**TOASTED SALTED PECANS****Milly Vande Kieft**

2 egg whites	1 Tbsp. milk
2 Tbsps. sugar	3 cups pecan halves
$\frac{1}{2}$ tsp. salt	

Beat egg whites until foamy. Gradually add sugar and salt. Continue to beat until stiff peaks form. Stir in milk and pecans and toss to mix well.

Spread in single layer in greased 15x10x1" pan. Toast in 250° oven for 1 hour, stirring once after 30 minutes, then twice more. Cool. Store in air-tight container. Makes 3 cups.

**KOKIE BRITTLE****Hilma Schakel**

1 cup margarine or butter	2 cups flour
1½ tsp. vanilla	1 cup chocolate chips
1 tsp. salt	$\frac{3}{4}$ cup walnuts
$\frac{1}{2}$ cup sugar	

Blend well in a large bowl the margarine, vanilla and salt. Add the sugar and flour; mix well. Stir in chocolate chips and nuts. Press into a 15x10" pan. Sprinkle with  $\frac{1}{4}$  cup nuts and press in. Bake at 325° for 25 minutes. Break into irregular pieces or cut as desired when quite cool.

## **CHOCOLATE PIZZA**

1 (12 oz.) pkg. semi-sweet chocolate chips  
 1 lb. white almond bark, divided  
 2 cups minature marshmallows  
 1 cup crisp rice cereal  
 1 cup peanuts

Melt chocolate chips with 14 oz. almond bark in large saucepan over low heat, stirring until smooth; remove from heat. Stir in marshmallows, cereal and peanuts. Pour on greased 12" pizza pan. (I use container lids for smaller pizzas.) Top with cherries, sprinkle with coconut. Melt remaining 2 oz. almond bark with oil over low heat, stirring until smooth; drizzle over coconut. Chill until firm; store at room temperature.

## **Sharon Uitermarkt**

1 (6 oz.) jar red maraschino cherries, drained and halved  
 3 Tbsp. green maraschino cherries, drained and quartered  
 $\frac{1}{3}$  cup coconut  
 1 tsp. oil

## **CHOCOLATE COVERED CHERRIES**

1 lb. powdered sugar  
 $\frac{1}{3}$  cup white syrup  
 $\frac{1}{3}$  cup butter  
 dash of salt

1 tsp. vanilla  
 maraschino cherries  
 1 (6 oz.) pkg. chocolate chips  
 paraffin

Mix sugar, syrup, butter, salt and vanilla thoroughly; works best to use hands. Cut cherries in half. Shape some mixture around each cherry half; chill well. Melt chocolate chips over hot water; add a little paraffin. Drop candies into chocolate and chill.

## **Sharon Uitermarkt**

## **CARAMELS**

1 cup butter or oleo  
 1 lb. (2 $\frac{1}{4}$  cups) brown sugar  
 dash of salt  
 1 cup light corn syrup

1 (15 oz.) can sweetened condensed milk  
 1 tsp. vanilla

Melt butter; add brown sugar and salt. Stir until combined, stir in light corn syrup. Gradually add milk, stirring constantly. Cook and stir over medium heat until candy reaches firm ball stage. Remove from heat, stir in vanilla. Pour into buttered 9x13" pan. Cool and cut.

## **Sharon Uitermarkt**

## **CARAMEL CORN**

1 cup (2 sticks) margarine  
 2 cups brown sugar  
 $\frac{1}{2}$  cup light corn syrup  
 6 qts. popped corn

1 tsp. salt  
 $\frac{1}{2}$  tsp. baking soda  
 1 tsp. vanilla

## **Maxine Huffman**

Mix margarine, brown sugar, syrup and salt. Bring to boil for 5 minutes. Remove from heat and stir in baking soda and vanilla. Pour over popped corn gradually and mix well. Bake in a large roasting pan 1 hour at 250°. Stir every 15 minutes. Cool. Store in airtight container.

### PUPPY CHOW (Sweet Nothings)

1 stick margarine  
½ cup peanut butter  
6 oz. chocolate chips

Tawnya Staton  
Steph Kniff  
8 cups Crispix or Rice Chex  
cereal  
1½ to 2 cups powdered sugar

Melt first 3 ingredients and let cool a little. Pour over cereal. Place powdered sugar into a brown bag. Put mixture into the bag of powdered sugar and shake. Store in covered bowl.

### GRANOLA

7 cups oatmeal  
½ cup brown sugar  
1 cup sunflower seeds  
1 cup coconut

Joyce Schipper  
cinnamon  
½ cup oil  
¼ cup oleo  
¼ cup honey

Mix together oatmeal, brown sugar, sunflower seeds, coconut and cinnamon. Melt oleo, oil and honey. Stir into the oat mixture. Bake in a large pan at 300° for 45 minutes.

### CARAMEL DIP

2 (8 oz.) pkgs. cream cheese  
(softened)  
1½ cups brown sugar

Deb Barrick  
Indianapolis, Indiana

½ cup (1 stick) butter  
1 tsp. vanilla

Mix the above ingredients together and serve with sliced apples. Yield: 12 servings.

### Carol Pohlmann's CURRIED FRUIT

1 can pear halves  
1 can pineapple chunks  
1 can apricots  
10 maraschino cherries, cut  
in half  
½ tsp. curry powder

(dat is lekker kookboek,  
a favorite of Jay Vermeer)

½ tsp. ginger  
4 Tbsp. butter  
2 Tbsp. lemon juice  
½ cup brown sugar  
1 cup pineapple juice

Drain fruits very well. Set aside 1 cup of the pineapple juice. Arrange the fruit in shallow baking dish. In small saucepan, mix the seasonings, brown sugar, butter, lemon juice and pineapple juice. Heat to melt butter, then pour over fruit. Refrigerate until 2 hours before serving so it's room temperature when put into oven at 350° for 20 minutes.

### HOT CURRIED FRUIT

1 (16 oz.) can pears (halves)  
1 (16 oz.) can peaches (halves)  
1 (16 oz.) can apricots (halves)  
1 (20 oz.) can pineapple (slices or chunks)

Bernice Vander Ploeg

½ cup melted butter  
¾ cup brown sugar  
1 to 1½ tsps. curry powder  
12 maraschino cherries

Drain fruit, place in 7½x11½" glass dish, hollow side up. Mix butter, sugar and curry powder and spread on fruit. Bake at 350° for 1 hour, basting occasionally. Cool and refrigerate for 12-24 hours. Warm again at 350° for ½ hour, covered with foil. Serves 8.

### HOT FRUIT COMPOTE

1 jar *chunky* applesauce  
1 can peach slices  
1 can pineapple chunks  
1 can apricots

Milly Vande Kieft

1 can mandarin oranges  
1 can cherry pie filling  
2 tsps. cinnamon  
½ cup brown sugar

Drain peaches, pineapple, apricots and oranges. Layer fruit in a large casserole in the order given. Mix the cinnamon and brown sugar and sprinkle evenly on the top and stir in, just a little. Bake at 325° for 1 hour. Great with ham or turkey.

### BAKED CRANBERRY RELISH

1 lb. cranberries  
2½ cups sugar

Maxine F. Huffman

¼ cup water

Mix together. Bake for 1 hour at 350°. Stir a few times while baking. Take from oven and add:

1 cup toasted walnuts  
1 cup orange marmalade  
(To toast walnuts, bake in oven for 10-15 minutes until golden brown.)

### PEACH SAUCE

6 cups fresh peaches, sliced  
1 cup water

Maxine Huffman

⅓ cup sugar  
⅛ tsp. ground cinnamon

Combine peaches and water in a large saucepan. Cook over medium heat 5 minutes. Reduce heat; cover and simmer 10 minutes. Cool. Combine peaches and remaining ingredients in blender until smooth. Good over ice cream or waffles. Makes 3 cups.

## HOT FUDGE SAUCE (Microwave)

Lorna De Geus  
Otley, Iowa

½ cup sugar  
3 Tbsps. cocoa  
1½ Tbsps. cornstarch  
dash salt

½ cup water, room temperature  
2 Tbsps. butter or margarine  
1 tsp. vanilla

Mix together dry ingredients in 1-quart casserole or 2-cup glass measure. Stir in water. Cool in microwave on full power for about 1½ minutes. Stir halfway through cooking time. Blend in butter. Cook in microwave on full power for 30 seconds, or until butter is melted. Stir halfway through cooling time. Blend in vanilla. Stir thoroughly.

## CHOCOLATE SAUCE

1 can evaporated milk  
½ cup oleo  
6 to 8 Tbsps. cocoa

1½ cups sugar  
¼ tsp. salt  
2 tsps. vanilla

Boil 7 minutes, stirring constantly.

Maribelle Van Tuyl

## APPLE CHUTNEY

8 cups peeled and chopped apples  
2 cups chopped, dried apricots  
½ cup chopped instant onions  
1 lb. brown sugar  
1 Tbsp. ground ginger

1 Tbsp. mint flakes  
2 Tbsps. ground allspice  
2 tsps. salt  
1 Tbsp. mustard seed  
1 tsp. red pepper  
½ tsp. garlic powder

Combine apples, dried apricots and onions with remaining ingredients. Simmer 1 hour or until thickened. Pour into hot, sterilized jars, leaving ¼-inch head space. Seal at once. Makes about 2 pints. (May be cooled and frozen.)

Maxine F. Huffman

## PICANTE SAUCE

16 cups chopped fresh tomatoes  
4 cups chopped onion  
2½ cups white vinegar  
1-1½ cups chopped jalapeno peppers (leave seeds in)  
3 (6 oz.) cans tomato paste  
½ cup pickling salt

2 tsps. white pepper  
½ Tbsp. chili powder  
2 tsps. cumin  
1 tsp. allum  
3-4 bell peppers  
red food coloring (optional)

Kim Miller Vermeer  
Cedar Rapids, Iowa

Mix all, bring to boil, reduce to simmer and cook for 1½ hours. Pour into jars and process in boiling water using open kettle method for 15 minutes.

**Mrs. Thomas Baker's PICKAPON RELISH**      (More Dutch Treats,  
**a favorite of Mina Baker-Roelofs)**

2 large dill pickles	½ cup vinegar
6 firm apples, unpeeled	1 cup sugar
1 large onion	

Prepare pickles, apples and onion for putting through a food chopper using medium blade. Add vinegar and sugar and blend well. Refrigerate 2-3 hours before use. Excellent with roast beef, pork or turkey. Also called "Crazy Relish." Makes 3-4 cups.

**ZUCCHINI RELISH**

**J.M. Brom**

10 cups zucchini, grated	¼ tsp. fennel seed
1 cup pickling salt	2 tsps. tumeric
5 cups minced onion	1 Tbsp. dry mustard
1 cup diced celery	3 Tbps. celery seed
3 green peppers, diced	6 cups sugar
3 sweet red peppers, diced	5 cups white vinegar
½ tsp. alum	4 Tbps. cornstarch
½ tsp. mustard seed	

Prepare zucchini; combine with salt and other vegetables and allow mixture to stand overnight. Drain; rinse thoroughly and drain again in a colander. Force out as much liquid as possible by squeezing handfuls of the vegetables as they are transferred to the boiling mixture below.

In a large enamel pot, combine the remaining ingredients and stir while heating until warm; then add vegetables and bring to a boil. Reduce heat and simmer for 20 minutes. Ladle relish into hot sterilized jars and seal. Makes 9 or 10 pints.

**SWEET CUCUMBER PICKLES**

**Maxine Huffman**

2 cups lime (calcium oxide)	3 Tbps. pickling spices
2 gallons cold water	9 cups sugar
8 pounds cucumbers, sliced ⅓-⅔ inch	4 Tbps. salt
	2 quarts white vinegar

Add lime to water. Stir well. Add cucumbers. Soak 24 hours, stirring carefully several times. Remove and wash 4 times, carefully until all grit is gone.

Put spices in bag and place in bottom of pan. Put cucumbers on top. Mix sugar, salt and vinegar and pour over cukes. Soak overnight. Boil 15 minutes. Place in sterile jars, seal.

Some cukes may still be green after overnight. They will turn transparent when boiled. Makes 9½ pints.

## REFRIGERATOR PICKLES

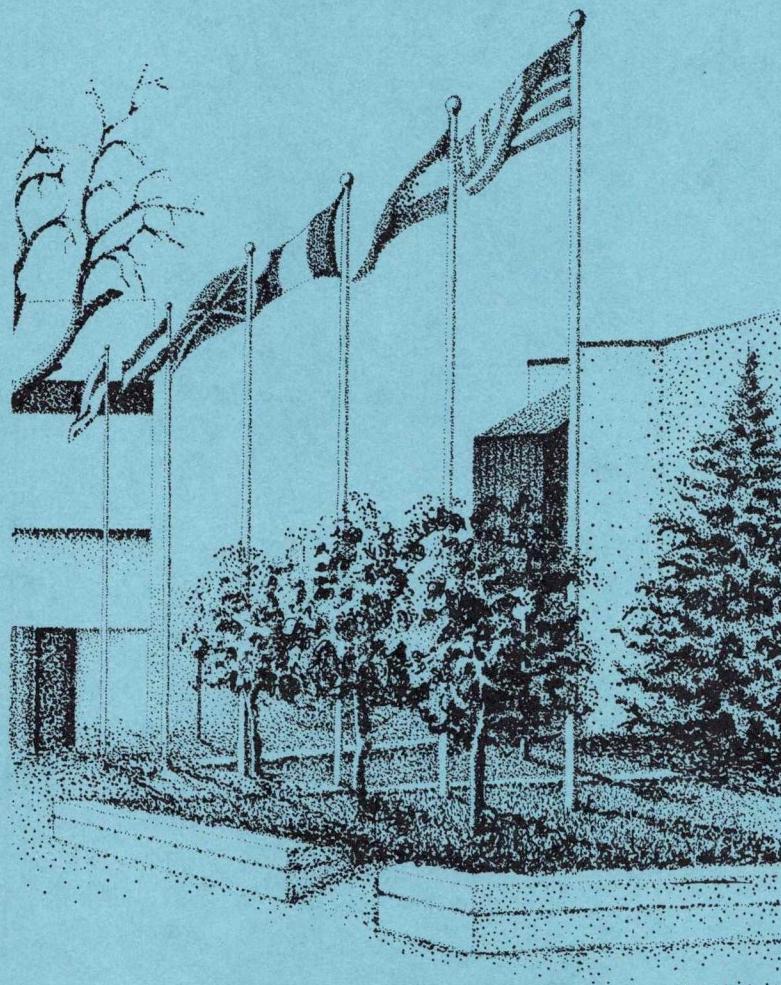
Viola Van Wyk

6 large cucumbers	3 cups sugar
1 cup sliced onions	2 Tbsps. salt
1 cup sliced green peppers	1 tsp. pickle spice
2 cups vinegar	½ tsp. celery salt

Peel and score cucumbers. Place cucumbers, onions and green peppers in a crock or large glass container. Mix remaining ingredients; bring to boil and stir until sugar is dissolved. Pour over sliced ingredients. **Do not seal tightly!** Place in refrigerator. Keeps indefinitely.

# INTERNATIONAL

Edited by Maxine Huffman

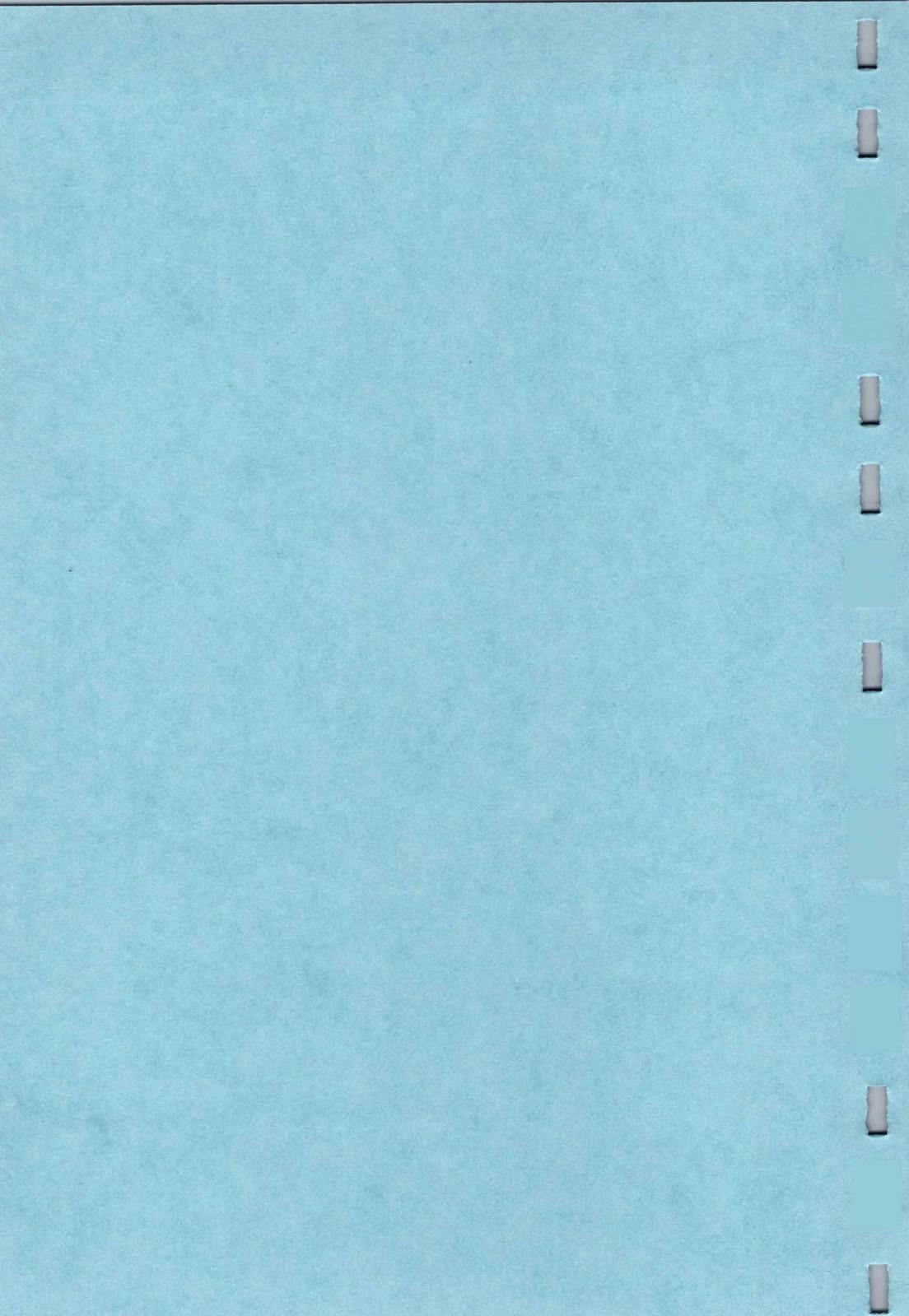


## INTERNATIONAL STUDIES BUILDING CENTRAL COLLEGE

### INTERNATIONAL STUDIES BUILDING

*The flags at the International Studies Building at Central College represent some of the countries where Central has international studies programs.*





**Mexico**  
**CHILE DIP**

½ lb. cream cheese  
1½ cups sour cream  
2 Tbsps. chopped chives

Remove the cheese from refrigerator to soften for half an hour before preparing. Mix ingredients together with a fork in a serving bowl. Chill before serving.

**Mexico**  
**CREAM CHEESE-TUNA DIP**

1 cup sour cream  
1 (8 oz.) pkg. cream cheese  
2 Tbsps. chili sauce  
2 Tbsps. parsley flakes

Blend together sour cream and cream cheese. Add seasonings, mixing well, stir in tuna. Add more seasoning if desired. Refrigerate until serving. Also makes a good sandwich filling.

**Mexico**  
**GUACAMOLE PICANTE**

4 medium avocados, peeled,  
pitted and sliced  
1 medium tomato, coarsely  
chopped  
1 small onion, chopped  
2 Tbsps. hot salsa  
2 Tbsps. worcestershire sauce

Makes about 4 cups. Sour cream can be added to this spicy dip to make it smoother. Combine the first 9 ingredients in a large bowl and mash with a fork until slightly chunky. Serve with crudites and tortilla chips.

**Mexico**  
**NACHOS**

24 freshly fried tostados  
1 garlic clove, crushed  
24 small squares monterey jack,  
sharp cheddar, or jalapeno cheese

Fry tostados, then shake in a brown bag to which salt and garlic have been added.

Place tostados on a cookie sheet.

Top each one with a square of cheese, some chopped or sliced chile and some chopped green onion. Broil for 6 minutes or until the cheese becomes bubbly. Serve hot.

**Beatriz Alcocer de Castillo**  
**Merida, Yucatan**

1 small can red pimiento  
2 or 3 chopped jalapeno peppers

**Beatriz Alcocer de Castillo**  
**Merida, Yucatan**

1 Tbsp. minced onion  
½ Tbsp. tabasco sauce  
worcestershire sauce to taste  
2 cans tuna, drained and flaked

**Lois A. Boeyink**

2 Tbsps. fresh lime juice  
1 small jalapeno chili, seeded  
and finely chopped  
1 tsp. chili powder  
1 tsp. salt  
crudites  
tortilla chips

**Javier Juarez**  
**Denver, Colorado**

2 to 4 jalapeno chiles, finely  
chopped  
2 green onions, chopped

**Mexico**  
**CHILAQUILES**

10 corn tortillas  
cooking oil  
2 large or medium tomatoes,  
cut into thin wedges  
1 small onion, chopped

Cut the tortillas into 2-inch squares. Fry briefly in hot oil, being sure they do not become crisp. Drain well.

Combine all the ingredients with the tortilla pieces in a saucepan. Simmer for about 5 minutes. Serve immediately. Yield: 6 servings.

**Rocio Castillo**  
**Merida, Yucatan**

1 green chile, chopped  
1 garlic clove, crushed  
dash of salt  
pinch of ground cumin

**Norway**  
**NORD NIPS**

1 pkg. lefse  
4 ozs. cream cheese

**Lisa Mills LaValle**  
**Des Moines, Iowa**

½ lb. pickled herring

Cut lefse triangles into halves — to long, thin triangles. Spread with cream cheese. Drain pieces of herring. Put herring at wide end of lefse triangle and roll up. Secure with toothpick and serve . . . warm, cool, or room temperature. Serves 4-5.

**Norway**  
**LEFSE**

8 large potatoes  
¼ lb. or 1 stick margarine

4 Tbsps. cream  
flour

**Scott Barth**  
**Decorah, Iowa**

Boil 8 large potatoes, salted. Rice or mash the potatoes while still hot. Add the margarine to the potatoes. Add 4 tablespoons cream and hand mix. Let the mixture cool and store. Using small amounts of potatoes, add enough flour to make it stiff. The mixture is ready when you are able to roll it on a floured cloth into very thin, circular pieces (without breaking). Sizes of circular pieces vary in size from plate size all the way up to 18 inches across (it's up to you). Bake on high heat on a pancake griddle/frying pan or lefse baker. Fry on one side until brown spots appear or it begins to bubble. Then flip over and wait for the same results.

When cooled, spread butter on, sugar and cinnamon can also be added.

Take two sides of the circle opposite each other and fold into middle. Fold the lefse where the two circles meet (onto each other). Cut into slices (1-2 inches across).

## *The Peoples Republic of China*

### CHINESE BARBECUED SPARERIBS

Dody Boat

½ cup soy sauce	1 onion, peeled and chopped
½ cup pineapple juice	1 tsp. powdered ginger
2 Tbsps. sherry	3 Tbsps. brown sugar
1 clove garlic, peeled and crushed	3 lbs. spareribs

Combine the first 7 ingredients and pour over the spareribs. Marinate several hours or overnight in the refrigerator, covered, turning two or three times. Broil spareribs, about 6 inches from the heat, 20-30 minutes on each side or until tender and well browned. Baste frequently with the sauce. Serve with Chinese Plum and Hot-Mustard sauces. Makes 6-8 appetizer servings.

#### **Chinese Plum Sauce:**

1 cup plum jelly	2 tsps. sugar
½ cup chutney, chopped	2 tsps. red-wine vinegar

Combine all ingredients in a bowl and let stand 1-2 hours to blend flavors. Serve with the spareribs. Makes about 1½ cups.

#### **Hot-Mustard Sauce:**

½ cup dry mustard	3 Tbsps. water (approximate)
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Add enough water to mix the mustard to a paste. It should be about the consistency of mayonnaise. The more you stir the mustard, the hotter it becomes. Serve with the spareribs. Makes about ½ cup.

## *Taiwan*

### SHRIMP-PORK EGGROLLS

Chris Van Wyk

1 lb. seasoned sausage, cooked and drained	1 onion, diced
2 cans shrimp, drained	1½ cups bamboo shoots (can use 1 can and drain)
1 can water chestnuts, chopped and drained	1 pkg. stir fry seasoning mix (use your favorite)
1 medium head cabbage, shredded	1 pkg. eggroll wraps
2 carrots, shredded	

In large pan cook carrot and onion (using a little water); must be still crisp. Add shredded cabbage and bamboo shoots.

Over low heat (covered) cook slightly; stir frequently. Drain well.

Add drained sausage, shrimp and seasoning package. Toss lightly until mixed. Using wraps, place 2 Tbsps. mixture and roll according to directions on package. Seal edges with water. Fry over medium heat until light brown.

There will be enough filling for 2 to 3 packages of wraps. The filling mixture will freeze.

### *West Africa*

#### **DEEP FRIED FISH BALLS WITH TOMATO SAUCE**

##### **Sauce:**

- 2 Tbsps. vegetable oil  
 1 cup finely chopped onions  
 2 garlic cloves, finely chopped  
 1 cup canned, diced tomatoes

Saute onions and garlic in oil until onions are soft and translucent. Add remaining ingredients and cook until sauce is thick.

##### **Balls:**

- 1 cup hard roll (bread), coarsely crumbled  
 2 lbs. cod, halibut, or grouper, skinned and cut into small pieces  
 ½ cup chopped fresh parsley

Combine bread with half cup of boiling water. Soak for 5 minutes. Squeeze bread completely dry and throw away water. Add remaining ingredients and mix very well. Blend in food processor. It should make a thick, smooth paste. Chill. To shape balls use a meatball scoop. Roll shaped balls in flour and set aside on a tray. Refrigerate for at least 30 minutes. Deep fry balls. Arrange on a large plate and cover with tomato sauce. Serves 15 as hors d'oeuvres.

### **Strawtown Inn**

- 2 Tbsps. tomato paste  
 ½ tsp. ground ginger  
 ¼ tsp. cayenne pepper  
 ¼ tsp. ground white pepper  
 1 tsp. salt

- ½ cup chopped scallions or small green onions with tops  
 ½ tsp. white pepper  
 ¾ tsp. salt

### *Spain*

#### **SHRIMP COCKTAIL, SPANISH STYLE**

- 1½ lbs. small shrimp, in shells  
 cooking liquid

- shredded lettuce  
 parsley for garnish

##### **Cocktail sauce:**

- 1 cup mayonnaise, preferably homemade  
 5 tps. tomato paste  
 1 tsp. brandy, preferably Spanish brandy or cognac  
 1 hard-boiled egg, finely chopped

- ¼ tsp. tarragon  
 ½ tsp. caper or pickle juice  
 1 Tbsp. minced parsley  
 salt  
 freshly ground pepper

### **Blanca Medina**

**Spain**

Boil the shrimp 3-5 minutes in salted water. Shell. Combine all the cocktail sauce ingredients. Chill until ready to use. To serve, arrange the shrimp on a bed of shredded lettuce, pour on some sauce, and decorate with a sprig of parsley. Serves 6.

## *Russia*

### FISH CAKES WITH MUSTARD SAUCE

Strawtown Inn

#### Mustard Sauce:

2 Tbsps. prepared mustard, preferably Dijon or Dusseldorf variety	1 tsp. fresh strained lemon juice
6 Tbsps. vegetable oil	
$\frac{1}{4}$ cup finely chopped parsley	
$\frac{1}{2}$ cup finely cut fresh dill leaves	
2 tps. finely chopped sweet pickles	

Combine the mustard, salt and pepper in a small bowl. Add the vinegar and lemon juice and beat in the oil with a whisk until the mixture is smooth. Stir in the parsley, dill and chopped pickles. Cover with plastic wrap and refrigerate until ready to use.

#### Fish Cakes:

8 slices homemade-type white bread, with crusts trimmed off	$\frac{1}{4}$ cup finely cut fresh or dry dill leaves
1 cup milk	2 tps. salt
2 lbs. cod fillets, skinned and finely ground (2 cups)	$\frac{1}{4}$ tsp. white pepper
$\frac{1}{4}$ cup finely grated onion	flour
	6 Tbsps. butter
	3 Tbsps. vegetable oil

Soak the sliced bread in the milk for about 10 minutes, or until it has absorbed all of the milk. Squeeze it gently to rid it of any excess milk and mash it in a large bowl combining it with the ground fish, grated onion and dill. Season with salt and pepper and place the fish mixture on a floured surface. Shape the mixture into about 12 flat, round cakes 3 or 4 inches in diameter and about  $\frac{1}{2}$ -inch thick.

Melt 4 Tbsps. of the butter in a heavy 10- to 12-inch skillet and set over high heat. When the foam has begun to subside, drop in 4 to 6 of the fish cakes. Lower the heat to moderate and fry 2 or 3 minutes on each side, or until they are a golden brown. Transfer to a heated platter with a spatula, and cover loosely with foil to keep them warm while you fry the remaining fish cakes. Add the additional butter and oil to the pan as it is needed. Serve hot, accompanied by the mustard sauce. Serves 4-6.

## *Japan*

### RUMAKI

Kim Huffman

12 slices bacon	2 tps. sugar
$\frac{1}{2}$ lb. chicken livers (about 6)	pinch ground ginger
12 water chestnuts	toothpicks
3 Tbsps. soy sauce	

Cut bacon strips in half and fry until partially cooked but still soft. Cut chicken livers into quarters. Slice the water chestnuts in half. Combine the rest of the ingredients and add to livers. Marinate for 20 minutes. Wrap chicken livers and water chestnuts in the bacon strips and skewer in place with the toothpicks. Place on a rack in oven. Bake for 10 minutes at 450°. Put in fresh toothpicks before serving.

### *Jamaica*

#### **STAMP AND GO CODFISH CAKES**

½ lb. fresh cod	2 eggs, lightly beaten
2 Tbsps. vegetable oil	½ cup milk
1 cup finely chopped onions	1 Tbsp. melted butter
1 cup flour	2 tsps. finely chopped canned
1 tsp. double-acting baking powder	green chilies
1 tsp. salt	vegetable oil

Place cod in a saucepan and add enough water to cover the fish by 1 inch. Bring to a boil over high heat. Reduce the heat to low and simmer with the saucepan uncovered for about 20 minutes, or until the fish flakes apart easily when prodded gently with a fork. Drain thoroughly. With a small knife, remove and discard any skin and bones and separate the fish into coarse flakes. Set aside.

In a heavy 8- to 10-inch skillet, heat the oil over moderate heat until hot. Add the onions and, stirring frequently, cook for 5 to 8 minutes, or until they are soft and transparent but not brown. Remove the pan from the heat.

Sift the flour, baking powder and salt into a deep bowl. Make a well in the center of the flour and pour the eggs, milk and butter into it. With a large spoon mix together only long enough to blend, then add the onions and their oil, the flaked cod and the chilies, and stir until the ingredients are well mixed and form a fairly smooth batter.

Pour vegetable oil to a depth of about ½-inch into a heavy 10- to 12-inch skillet and heat until it is very hot.

Drop the batter a tablespoon or so at a time directly into the hot oil. Do not crowd the cakes; the batter will spread quickly into rounds about 1½ inches in diameter. Fry the cakes for about 3 to 4 minutes, turning them with a slotted spoon or spatula until they are golden brown on both sides. As they brown, transfer the cakes to paper towels to drain.

Stamp and Go should be served hot or at room temperature either with drinks or as a first course accompanied by "floats." Yield: 24 cakes.

### *Thailand*

#### **SHRIMP AND GROUND PORK TOAST**

**Evelyn Bandstra**

½ cup ground pork	½ tsp. pepper
½ cup shrimp (shelled, cleaned and minced)	1 egg
1 Tbsp. finely chopped spring onion and coriander	1 cup vegetable oil
1 tsp. garlic salt	2 Tbsps. hot sauce
	10 slices bread (2 days old or stale bread)

In a bowl mix ground pork and minced shrimp with chopped spring onion and coriander, garlic salt, pepper and egg.

Trim crust off bread slices and cut in desired shapes (triangles or use cookie cutter). Spread the ground pork mixture over each. Fry in deep hot fat for 2 minutes with the ground mixture side down; turn over and continue cooking for 2 more minutes until brown. Drain on paper towel. Serve hot with hot sauce.

***Trinidad*****FLOATS (FRIED YEAST BREAD)**

Strawtown Inn

$\frac{3}{4}$  to  $1\frac{1}{2}$  cups lukewarm water  
 (110° to 115°)  
 1 pkg. active dry yeast  
 $3\frac{1}{2}$  cups flour

1 tsp. salt  
 $\frac{1}{2}$  cup Crisco, chilled and cut into  
 $\frac{1}{4}$ -inch bits  
 2 cups vegetable oil

Pour  $\frac{1}{4}$  cup of the lukewarm water into a small, shallow bowl and sprinkle the yeast over it. Let the mixture rest for 2 or 3 minutes, then stir to dissolve the yeast completely. Set the bowl in a warm, draft-free place for 5 minutes, or until the mixture begins to bubble and almost doubles in volume.

Sift the flour and salt into a deep bowl and drop in the Crisco. Working quickly, use your fingertips to rub the flour and fat together until they look like flakes of coarse meal. Pour in the yeast and  $\frac{1}{2}$  cup of the remaining lukewarm water, toss together and gather the dough into a ball. If the dough crumbles, add up to  $\frac{1}{2}$  cup more lukewarm water, a tablespoon or so at a time, until the particles adhere.

Place the dough on a lightly floured surface and knead by pushing it down with the heels of your hands, pressing it forward and folding it back on itself. Repeat for about 10 minutes, or until the dough is smooth and elastic. Sprinkle it from time to time with a little flour to prevent it from sticking to the board.

Shape the dough into a ball and place it in a lightly greased bowl. Drape loosely with a kitchen towel and set aside in the warm, draft-free place for about 1 hour, or until the dough doubles in bulk.

Punch the dough down. For each bun, roll a small piece of the dough between your palms into a ball about  $1\frac{1}{2}$  inches in diameter. Arrange the balls about 2 inches apart on an ungreased baking sheet and set them aside to rise in the warm, draft-free place for about 45 minutes, or until they double in volume.

In a heavy 12-inch skillet, heat the oil over high heat until it is hot but not smoking. On a lightly floured surface, roll 2 or 3 of the balls of dough into rounds about  $\frac{1}{8}$ -inch thick and place them in the hot oil. Fry the floats for about 3 minutes on each side, turning them with a spoon and regulating the heat so they color evenly without burning. As they brown, transfer them to paper towels to drain while you proceed to roll and fry the rest. Serve with Stamp and Go. Yield: 18 rounds.

## Puerto Rico

### SURULLITOS (CHEESE CORN STICKS)

3 cups water  
1 tsp. salt  
1½ cups yellow cornmeal

1 cup freshly grated imported  
Edam, Gouda or a mild cheddar  
cheese  
1½ cups vegetable oil

Combine the water and salt in a heavy 2- to 3-quart saucepan and bring to a boil over high heat. Stirring constantly, pour in the cornmeal in a slow, thin stream so the water does not stop boiling; continue to stir for 2 or 3 minutes, until the porridge is smooth and thick. Remove the pan from the heat and beat in the grated cheese with the spoon.

Cool to room temperature; then, moistening your hands from time to time in cold water, shape 2 Tbsps. of the mixture at a time into cylinders about 3 inches long and 1 inch in diameter. Covered with plastic wrap or wax paper, the *surullitos* may be kept at room temperature for 2 to 3 hours or in the refrigerator for a day or so.

When you are ready to fry the *surullitos*, preheat the oven to the lowest possible temperature and line a large shallow baking dish with paper towels. In a heavy 10- to 12-inch skillet, heat the oil over high heat until a light haze forms about it. Fry 4 or 5 *surullitos* at a time, turning them with a slotted spoon or spatula for about 5 minutes, or until they are crisp and golden brown. As the corn sticks brown, transfer them to the lined baking dish and keep them warm in the oven.

Serve the *surullitos* hot or at room temperature either as an accompaniment to drinks or as a hot bread served with warm salsa. Yield: 24 sticks.

## Thailand

### SPRING ROLLS

1 cup ground pork  
½ cup cooked shrimp, chopped  
½ cup crab meat (boiled)  
1 cup bean sprouts  
4 eggs, slightly beaten, fried  
and chopped  
2 Tbsps. chopped green onion  
2 Tbsps. chopped celery leaves  
2 tsps. salt  
1 tsp. pepper

Evelyn Bandstra  
½ Tbsp. chopped garlic  
6 dried black mushrooms, chopped  
(optional)  
1 Tbsp. soy sauce  
1 Tbsp. sugar  
½ cup jelly noodles (a kind of  
transparent vermicelli made of  
mung bean)  
1 egg yolk  
2 cups vegetable oil

Heat vegetable oil in frying pan. Add chopped garlic and fry for 2 minutes. Put in ground pork, shrimp, crab meat, bean sprouts, eggs, green onion, celery, black mushrooms, jelly noodles. Fry for 5 minutes. Add soy sauce, salt and pepper.

Place about 2 Tbsps. of fried ingredients on egg roll skins. Roll up and seal with egg yolk. Fry in deep hot fat for 5 to 10 minutes. Drain on paper towel. Serve hot.

**Russia****PIROZHKI**

(Small pastries filled with meat)

**Strawtown Inn****Pastry:**

4 cups all-purpose flour

½ tsp. salt

8 Tbsps. chilled lard, cut into  
¼-inch bits16 Tbsps. (2 ¼-lb. sticks) unsalted  
butter, cut into ¼-inch bits  
and chilled

8 to 12 Tbsps. ice water

**Pastry:** Combine the flour, salt, lard and butter in a deep bowl. With your fingers, rub the flour and fat together until they look like flakes of coarse meal. Pour in 8 Tbsps. of ice water all at once and gather the dough into a ball. If it crumbles, add up to 4 Tbsps. more ice water, a tablespoon at a time, until the particles adhere. Wrap the ball in waxpaper, and chill for about 1 hour. On a lightly floured surface, shape the pastry into a rough rectangle 1-inch thick and roll it into a strip about 21 inches long and 6 inches wide. Fold the strip into thirds to make a 3-layered packet 7 inches long and 6 inches wide. Turn the pastry around and again roll it out lengthwise into a 21x6-inch strip. Fold into thirds and roll out the packet as before. Repeat this entire process twice more, ending with the folded packet. Wrap it in the waxpaper and refrigerate for at least 1 hour.

**Filling:**

4 Tbsps. butter

6 Tbsps. finely cut fresh dill leaves

3 cups finely chopped onions

2 tsps. salt

1½ pounds lean ground beef

¼ tsp. freshly ground black

3 hard-cooked eggs, finely chopped

pepper

Over high heat, melt the butter in a heavy 10- to 12-inch skillet. Add the onions and, stirring occasionally, cook over moderate heat for 3 to 5 minutes, or until they are soft and transparent but not brown. Stir in the beef and, mashing the meat with a fork to break up any lumps, cook briskly until no traces of pink remain. Grind the meat-and-onion mixture through the finest blade of a meat grinder (or, lacking a grinder, chop the mixture finely). Combine the meat in a large bowl with the eggs, dill, salt and pepper, mix thoroughly and taste for seasoning.

Preheat the oven to 400°. On a lightly floured surface, roll the dough into a circle about ⅛-inch thick. With a 3- to 3½-inch cookie cutter, cut out as many circles as you can. Gather the scraps into a ball and roll out again, cutting additional circles. Drop 2 Tbsps. of filling in the center of each round and flatten the filling slightly. Fold one long side of the dough up over the filling, almost covering it. Fold in the two ends of the dough about ½-inch, and lastly, fold over the remaining long side of dough. Place the *pirozhki* side by side, with the seam sides down on a buttered baking sheet. Bake for 30 minutes, or until golden brown. Makes about 40.

*The People's Republic of China*  
**DEEP-FRIED SHRIMP TOAST**

½ lb. fresh shrimp in their shells  
4 slices homemade-type white bread  
2 Tbsps. fresh pork fat  
4 peeled fresh water chestnuts or rinsed, drained, canned water chestnuts  
1 Tbsp. Chinese rice wine, or pale dry sherry

**PREPARE AHEAD:** Shell the shrimp. Devein and chop the shrimp until they are reduced to a fine pulp-like mass.

With a cleaver or sharp knife, trim the bread slices of their crusts and discard the crusts. Cut the bread into quarters or, diagonally, into triangles.

Chop the pork fat and water chestnuts together as fine as possible, and, in a small bowl, combine with the shrimp. Add the wine, salt, lightly beaten egg and cornstarch, and, with a large spoon or your fingers, mix together thoroughly to form a paste.

Spread an equal amount of the shrimp mixture on the bread, mounding slightly in the centers. For decoration, gently press a fresh parsley leaf into the center of each mound.

Have the above ingredients, the oil, and a large shallow baking pan lined with a double thickness of paper towels within easy reach.

**TO COOK:** Preheat the oven to 250°. Pour 3 cups oil into a 12-inch wok or large deep-fryer and heat the oil until it registers 375° on a deep-frying thermometer. Shrimp side down, drop in the bread squares, about 6 at a time (the filling will not fall off). Fry for about 1 minute, then gently turn them over in the fat with a large slotted spoon. Fry for 1 minute longer until the bread and shrimp topping are golden brown. Then turn them over again and fry for another minute. Drain each batch in the lined baking dish and keep them warm in the oven until all the shrimp toast is fried. Serve on a heated platter as an hors d'oeuvre. Makes 16 appetizers.

**Wendy Zhao**  
**Laramie, Wyoming**

1 tsp. salt  
1 egg, slightly beaten  
2 Tbsps. cornstarch  
3 cups peanut oil, or flavorless vegetable oil  
16 leaves of fresh Chinese parsley (cilantro), or substitute flat-leaf Italian parsley

**Japan**  
**PORK AND VEGETABLE KABOBS**

¼ lb. pork loin  
1 small eggplant  
½ green bell pepper  
1 small onion  
salt and pepper  
2 cups vegetable oil for deep frying  
8 bamboo skewers

**Hiroki Wada**  
**Ikoma, Japan**

**Sauce:**  
3 Tbsps. worcestershire sauce  
3 Tbsps. ketchup  
1 Tbsp. soy sauce  
**Breading:**  
2 Tbsps. flour  
1 egg and 1 Tbsp. water  
1 cup fine dried bread crumbs

Slice eggplant into ½-inch rounds and soak in cold water for 5 minutes. Pat dry with paper towel. Cut bell peppers into 4 pieces, onions into quarters, and pork into 8 bite-sized pieces.

Mix sauce ingredients. Make 4 skewers of pork and eggplant, and 4 skewers of pork, bell pepper and onion.

Mix flour, egg, water and bread crumbs. Sprinkle skewers with salt and pepper and coat with breading mixture. Heat oil in a wok or skillet. Deep-fry 4 skewers at one time, turning once, until pork is cooked and skewers are browned on both sides. Drain on paper towel.

While frying skewers, mix worcestershire sauce, ketchup and soy sauce. Use as a dip or pour over skewered food. Makes 8 appetizer skewers.

### *Caribbean*

#### **AVOCADO SOUP**

2 cans cream of mushroom soup  
3 mashed ripe avocados  
2 cans milk  
1 pint sour cream

1 Tbsp. lime juice  
2 tsps. grated onion  
1 Tbsp. worcestershire sauce  
salt and pepper

Mix altogether in small batches in blender. Chill and serve.

**Eunice Kuyper**

### *Mexico*

#### **AVOCADO SOUP**

2 Tbsps. olive oil  
1 onion, chopped fine  
1 clove garlic, minced  
6 tomatoes  
4 ozs. green chili jalapeno  
peppers, chopped

4 cups chicken stock  
1 bay leaf  
1 cup diced, cooked chicken  
1 cup cooked rice  
1 avocado, diced  
1 cup grated cheddar cheese

In a large stockpot heat oil and saute onion and garlic five minutes, taking care not to burn them. Peel tomatoes and remove seeds and pulpy center. Cut tomatoes into strips. Add to pan and saute two minutes.

Add chicken stock, peppers and bay leaf and simmer ten minutes. Add cooked chicken and rice; simmer one minute. Turn off heat and add avocado. Ladle soup into bowls and garnish with cheddar cheese. Makes 4 servings.

**George Ann Huck**

### *Spain*

#### **GAZPACHO**

#### **Cold Soup as made in Andalusia**

2 lbs. tomatoes  
2 slices bread or toast  
2 Tbsps. vinegar  
1 cucumber, finely diced  
1 onion, cut in chunks

salt  
2 green peppers  
2 Tbsps. olive oil  
1 garlic clove

**Maria E. Jaimez**  
**Spain**

Mash the tomatoes, peel the onion and garlic. Clean the peppers of all inner seeds. Put all of this in a blender with the oil and vinegar. Serve with finely diced cucumber and tiny pieces of white bread or toast.

### *Norway*

#### **FRUIT SOUP or SWEET SOUP**

1 cup pitted prunes	2 cups white grape juice
1 cup apricots	1 Tbsp. lemon juice
1 cup golden raisins	$\frac{1}{4}$ cup sugar (or more)
1 cup chopped, peeled apple	1 stick cinnamon
orange rind pieces, remove before eating	$\frac{1}{4}$ tsp. salt
1 orange, peeled and cut up	2 Tbsps. quick-cooking tapioca
4 cups water	1 (10 oz.) pkg. frozen raspberries

Combine all ingredients except tapioca and raspberries in large saucepan. Simmer for 1 hour. Sprinkle tapioca over soup and stir to avoid lumping. Cook 15 minutes more. Cool a few minutes. Add frozen raspberries and stir occasionally until they are thawed. The raspberries could also be used to top each serving of the fruit soup if desired. This soup can be served hot, or chill and serve with whipped cream. Makes 8 to 10 servings.

### *Russia*

#### **CABBAGE SOUP**

##### **Beef Stock:**

1 lb. fresh lean brisket of beef	1 large carrot, scraped
5 lbs. beef marrow bones, cracked	2 celery tops, 6 sprigs of parsley and 2 bay leaves tied together
1 large onion, peeled and quartered	1 tablespoon salt

In a heavy 6- to 8-quart pot, bring the pound of beef, beef bones and 4 quarts of water to a boil over high heat, skimming off any foam and scum as they rise to the surface. Add the onion, carrot, tied greens and salt, partially cover the pot and reduce the heat to low. Simmer 1 to 1½ hours, or until the meat is tender but not falling apart. Remove the meat from the pot with a slotted spoon, cut it into small cubes and set the cubes aside. Continue to simmer the stock partially covered, for about 4 hours longer. Then strain the stock through a fine sieve set over a large bowl, discarding the bones and greens. With a large spoon, skim off and discard as much of the surface fat as you can.

##### **Soup:**

4 Tbsps. butter	1 lb. boiling potatoes, peeled and cut into $\frac{1}{4}$ -inch cubes (2½ cups)
2 cups thinly sliced onions	4 medium tomatoes, peeled, seeded and chopped
1½ lbs. white cabbage, quartered, cored, then coarsely shredded	1 tsp. salt
1 celery root, scraped and cut into fine strips	freshly ground black pepper
1 parsley root, scraped and cut into fine strips	

Melt the butter in a 3- to 4-quart pot set over high heat. Add the onions, reduce the heat to moderate, and cook 8 to 10 minutes, or until they are soft but not brown. Stir in the shredded cabbage and the celery and parsley roots, cover the pot, and simmer over low heat for 15 minutes.

### **Maureen Timmer**

#### **Karen Davidson**

#### **Strawtown Inn**

1 large carrot, scraped
2 celery tops, 6 sprigs of parsley and 2 bay leaves tied together
1 tablespoon salt

Pour in the meat stock and add the reserved diced beef. Simmer over moderate heat (partially covered) for 20 minutes, then add the diced potatoes. Cook another 20 minutes and stir in the chopped tomatoes. Cook 10 minutes longer, then add the salt and a few grindings of pepper. Taste for seasoning. Serve hot. Serves 6 to 8.

### *Mexico*

#### **CREAM OF CARROT SOUP**

7 large carrots, pared and sliced  
1 tsp. sugar  
1 qt. milk  
3 Tbsps. margarine  
3 Tbsps. flour

1 cup cream  
1 cup chicken broth  
 $\frac{1}{8}$  tsp. nutmeg  
salt and pepper to taste

Cook carrots with sugar until tender. Drain and put in food processor with small amount of milk. Add about half of remaining milk. Melt margarine in soup pan, add flour, and brown slightly. Add rest of milk and stir until smooth. Simmer about five minutes, stirring frequently. Add carrot and milk mixture, chicken broth and seasonings. Simmer several minutes. Add cream and serve. Yield: 6 to 8 servings.

### *Mexico*

#### **CILANTRO SOUP**

3 summer squash, sliced  
2 Tbsps. margarine  
 $\frac{1}{4}$  cup chopped onion  
5 cups soup stock of choice

Maxine F. Huffman  
1 cup half and half  
1 cup grated Monterey Jack cheese  
1 cup tortilla chips  
1 cup cilantro leaves (coriander)

Place squash in a pyrex dish. Cover with plastic wrap. Bake in microwave for 4 minutes on high for each squash. Cook onion in margarine for 2 minutes on high. Blend cooked squash, onion, cilantro and 1 cup broth. Cook on high for 3 minutes. Add rest of broth and then cook 10-15 minutes on high. At serving time add half and half, cheese, and tortilla chips.

### *Ecuador*

#### **ECUADORIAN POTATO SOUP**

4 lbs. potatoes  
2 Tbsps. bacon grease  
6 small peppercorns  
2 green onions, chopped

Maxine F. Huffman  
 $\frac{1}{4}$  tsp. achiote  
1 cup milk  
 $\frac{1}{2}$  cup white cheese, grated  
salt to taste

Peel and cube the potatoes. In a deep pot, fry the onions and achiote in the bacon grease. Add 2 quarts of water, and when it boils add the potatoes and the peppercorns. When the potatoes are soft, add the milk and salt to taste; just before serving, add the grated cheese.

### *Lebanon*

#### **LENTIL SOUP**

1 cup split or whole lentils  
 7 to 8 cups water  
 ¼ cup uncooked rice  
 1 large onion, coarsely chopped  
 3 peeled and chopped tomatoes

Rinse and drain lentils. Place in pan with water and cook for 15 minutes. Add rice. Sauté onions and tomatoes in olive oil. Add to lentils and rice mixture shortly after adding rice. Add vinegar, salt and pepper. Cook about 25 minutes or until lentils are tender. Makes 6 servings.

### **Guita Graber**

1 cup chopped celery  
 1 Tbsp. red wine vinegar  
 ¼ cup olive oil  
 salt and pepper to taste

### *South Africa*

#### **GREEN PEA SOUP WITH MINT**

4 cups fresh or frozen snow peas and 2 cups thoroughly defrosted green peas  
 4 cups chicken stock, fresh or canned  
 1 large onion, peeled and coarsely chopped  
 1 tsp. sugar

Wash snow peas well. Frozen snow peas and frozen green peas need only be defrosted thoroughly and drained.

In a heavy 4- to 5-quart saucepan, bring the stock to a boil over high heat. Add the peas and pods, the onion, sugar and mint sprigs. Reduce the heat to low and simmer uncovered until the peas are tender but still intact.

Transfer the entire contents of the saucepan into a food mill or fine sieve set over a deep bowl. Put the vegetables through the food mill or, with the back of a large spoon, rub them vigorously through the sieve. Scrape any remaining pulp into the jar of an electric blender, moisten with about 1 cup of the cooking liquid and blend at high speed for a few seconds. Pour the contents of the blender jar back into the food mill or sieve and rub as much of the pulp as possible into the pea mixture.

Melt the butter over moderate heat in a heavy 3- to 4-quart saucepan. When the foam begins to subside, stir in the flour and mix together well. Stirring constantly with a whisk or large spoon, add the pea puree and cream. Stir over moderate heat until the soup has thickened lightly, but do not let it come to a boil. Taste and season with salt and pepper.

Serve the soup at once from a heated tureen or in individual soup plates. Before serving, garnish with the finely cut mint. Serves 4 to 6.

### **Strawtown Inn**

3 whole fresh mint sprigs or  
 1 tsp. crumbled dried mint  
 3 Tbsps. butter  
 3 Tbsps. flour  
 1 cup half and half  
 salt  
 freshly ground black pepper  
 2 Tbsps. finely cut fresh mint

### *Mexico (Yucatan)*

#### **Emily Camp's SOPA DE LIMA (Chicken-lime Soup)**

1 or 2 chicken breasts  
1 small can tomatoes (or 4 fresh)  
1 onion, chopped or thinly sliced  
1 fresh lime

With about 1 quart of water, simmer chicken to make a nice broth. Remove and skin breast meat and slice into thin strips. In saucepan saute onion and tomatoes and some of the chilies to taste. Add broth and simmer with juice of one lime (1 to 2 Tbsps. of bottled juice) for about 20 minutes. Just before serving, add a small handful of tortilla chips. Serve with additional chips and slices of lime. Serves 4.

### *Grenada*

#### **JELLIED ORANGE CONSOMME**

2 qts. cold chicken stock, fresh  
or canned  
4 envelopes unflavored gelatin  
4 egg whites, beaten to a froth

Skim the surface of the chicken stock of all fat. Pour the stock into a deep bowl, sprinkle the gelatin on top, and let it soften for 5 minutes. Then pour the stock into a heavy 3- to 4-quart saucepan and add the beaten eggwhites. Over high heat, bring the stock to a boil, stirring constantly with a whisk.

When the stock begins to froth and rise, remove the pan from the heat. Let the mixture rest for 5 minutes, then pour it into a large sieve set over a deep bowl and lined with a double thickness of cheesecloth or a dampened kitchen towel.

Allow the liquid to drain through into the bowl without disturbing it at any point. Then stir in the strained orange juice, taste the soup, and season it with salt if desired.

Refrigerate the consomme for at least 4 to 6 hours, or until it is thoroughly chilled and firm enough to hold its shape lightly in a spoon.

Serve the jellied consomme in chilled soup plates and garnish each portion with slices of orange. Serves 12.

#### **(Pella Collector's Cookbook, a favorite of Maxine Huffman)**

1 can mild green chilies  
tortilla chips  
salt and pepper to taste

#### **Strawtown Inn**

6 cups strained fresh orange juice  
salt  
2 unpeeled oranges cut crosswise  
into paper-thin slices

### *The People's Republic of China*

#### **EGG DROP SOUP**

3 cups chicken stock  
1 tsp. salt  
1 Tbsp. cornstarch dissolved in  
2 Tbsps. chicken stock

To cook: over high heat bring stock to boil. Add salt. Slowly add egg and stir. Taste and add garnishes. Serve at once.

#### **Wendy Zhao Laramie, Wyoming**

1 egg, beaten slightly  
1 scallion, including green top,  
finely chopped

*The People's Republic of China*

**WON TON SOUP**

3 qts. water (approximate)  
 18 raw (uncooked) won tons  
 6 cups chicken stock  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  head bok choy (Chinese cabbage), sliced thin

In large pot, bring the water to a boil. Add won tons and boil about three minutes. Remove from water, drain and set aside.

Bring stock to boil in a pot. Add salt, bok choy and soy sauce. Bring to boil again and boil about 2 minutes. Add onion and precooked meat. Gently add won tons and sesame oil. Boil 1 minute. Serves 6.

**Maxine F. Huffman**

1 Tbsp. soy sauce  
 1 green onion, cut into 1-inch pieces  
 $\frac{1}{2}$  lb. precooked thin-sliced chicken, beef or ham, cut into slivers  
 1 Tbsp. sesame seed oil (optional)

*The People's Republic of China*

**WON TONS**

**Maxine F. Huffman**

1 pkg. won ton wrappers

**Filling:**

$\frac{1}{2}$  lb. pork, finely minced or ground  
 $1\frac{1}{2}$  Tbps. light soy sauce

1 tsp. sugar  
 $\frac{1}{2}$  tsp. sesame oil  
 $\frac{1}{2}$  tsp. wine

Combine the ingredients for the filling. Mix well. Put 2 tsps. of filling in the center of each wrapper. Fold to the center. Gently press edges together, moistening slightly. Fold in half again lengthwise; then fold back and bring ends together.

Dab a little water on one corner and put the two corners one over the other; press together.

Heat oil in wok to 375°. Deep-fry won tons 2 to 3 minutes. Drain. Serve with sweet and sour sauce.

Variations: Beef, turkey, chicken or crab meat may be used in place of pork. Also you may add 4 water chestnuts, chopped fine, and/or 1 green onion, chopped fine. Makes about 36 won tons.

*The People's Republic of China*

**BAMBOO SHOOTS SOUP**

4 thin slices boiled ham  
 $1\frac{1}{2}$  (13 $\frac{3}{4}$  oz.) cans chicken broth  
 $\frac{1}{2}$  (10 oz.) pkg. frozen peas

$\frac{1}{2}$  (5 oz.) can bamboo shoots,  
 sliced  
 $\frac{1}{4}$  tsp. salt

Cut ham into  $\frac{1}{2}$ " lengthwise strips. Then combine with chicken broth, peas, bamboo shoots, and salt in a saucepan and simmer, uncovered, 15 minutes. Makes 4 servings.

**Sheng Yun Sheng**  
**Hangzhou, China**

### *Taiwan*

#### **CHINESE HOT & SOUR SOUP**

6 cups chicken broth  
 1/3 lb. lean pork  
 10 ozs. tofu  
 3 Tbsps. soy sauce  
 3 Tbsps. vinegar  
 1 tsp. pepper

Cut pork into 1/4" strips; add to broth after marinating in 1 Tbsp. soy sauce. Add seasonings and boil 10 minutes. Add vegetables and cut up tofu and boil 3 minutes. Mix cornstarch with a little cold water and add while stirring. Add egg while stirring, then onion. Serves 4-6.

**Dorothy K. Bosch**

1 can Chinese vegetables  
 1 can mushrooms  
 1 Tbsp. chopped green onions  
 1 egg, beaten  
 1 tsp. cornstarch

### *Cambodia*

#### **LONG RICE SOUP**

1 cup soaked cellophane noodles,  
 cut in 6" long pieces  
 6 cups chicken stock  
 1/2 tsp. salt  
 1/2 cup smoked ham, finely  
 chopped

Boil chicken stock in large saucepan and put in cellophane noodles. Add salt. Simmer over moderate heat 25 minutes.

Combine ham, pork, water chestnuts, cornstarch and soy sauce; mix well. Shape into small balls and drop into soup.

Boil another 15 minutes. Serve hot, garnished with scallions.

**V. Pierce**

**Roland, Iowa**

1/2 cup pork, finely minced  
 2 Tbsps. water chestnuts, finely  
 chopped  
 1/2 tsp. cornstarch  
 3 tsps. soy sauce  
 2 Tbsps. scallions, finely minced

### *Thailand*

#### **RICE SOUP**

1 cup rice  
 3 cups water  
 1/2 cup ground pork or sliced  
 chicken meat  
 1 Tbsp. chopped ginger root  
 1/4 tsp. pepper

1 Tbsp. chopped green onion  
 and coriander  
 2 eggs  
 bones of chicken  
 2 cups water

Clean the rice well. Add 3 cups of water in medium sized pot. Cook for 45 minutes to 1 hour (low heat) until the rice is soft. Remove from heat. Pour into a double strainer. Press with spoon until the rice becomes small pieces. Set aside.

Boil the chicken bones with 2 cups of water. Cook them for 5 to 10 minutes. Remove bones. Add rice to chicken broth. Cook for 2 minutes; add ground pork or sliced chicken little by little.

Break the eggs into the serving bowl. Put the rice soup on top of the eggs. Sprinkle with ginger, green onions and chopped coriander. Makes 3-4 servings.

**Evelyn Bandstra**

## *West Africa*

Eunice Kuyper's GROUND NUT STEW a favorite of Maxine Huffman)

*This is a favorite of many Pella residents when it is served at the Central College Auxiliary's annual Foreign Food Fair.*

2 lbs. ground beef	1 large can tomato paste
1 onion, chopped fine	1 Tbsp. worcestershire sauce
1/4 tsp. thyme	1/2 cup catsup
1/4 tsp. oregano	2 cups beef bouillon
1/4 tsp. black pepper	1/2 cup crunchy peanut butter
1/4 tsp. cayenne pepper	cooked rice

Fry in a large skillet the ground beef and onion. Add the spices; tomato paste, worcestershire sauce, catsup and bouillon. Simmer 30 minutes. Cook rice according to directions on the package. One half hour before serving stir the peanut butter into the meat mixture. Heat thoroughly and serve over rice with side dishes.

### **Side Dishes:**

4 eggs, hard-boiled and chopped	1 green pepper, diced
4 oranges, peeled and cut up	1 cucumber, diced
1/2 cantaloupe (or honeydew), diced	1 fresh pineapple, diced
2 to 3 bananas, cut up	1 cup whole peanuts grated coconut

## *Russia*

### **BEEF STROGANOFF**

1 Tbsp. Grey Poupon mustard
1 Tbsp. sugar
2 tsps. salt
4 Tbps. clarified butter
2 Tbps. Crisco oil
4 cups thinly sliced red onion
1 lb. fresh mushrooms, halved

### **Strawtown Inn**

2 Tbps. Crisco oil
2 lbs. beef filet trimmed and sliced in strips
1 tsp. freshly ground pepper
2 cups sour cream
1 Tbsp. tomato paste

Heat one-half of the butter and oil in 12-inch skillet over high heat. Sauté small batches of meat, tossing in pan for 2 minutes until it is browned. Transfer meat to platter while remaining meat is sautéed in remaining butter and oil.

Heat another 2 Tbps. oil in another skillet and sauté onions and mushrooms until they are soft.

Combine meat and vegetables, then stir in salt, pepper, sugar and mustard. Heat. Stir in sour cream and tomato paste one tablespoon at a time. Reduce heat to low. Cover pan and simmer 2 or 3 minutes. Serve over hot, boiled noodles. Garnish with chopped parsley. Serves 6.

### *Ethiopia*

#### **BEEF STEWED IN RED-PEPPER SAUCE**

3 cups finely chopped onions  
 ½ cup spiced butter  
 1 tsp. finely chopped garlic  
 1 tsp. ground ginger  
 1 tsp. ground fenugreek  
 ½ tsp. ground cloves  
 ½ tsp. ground allspice  
 ½ tsp. ground nutmeg  
 ½ cup paprika

½ cup berbere  
 1 ¼ cups dry red wine  
 ⅔ cup water  
 1 ½ cups chopped tomato sauce  
 1 tsp. salt  
 1 Tbsp. ground black pepper  
 2 tsps. beef stock (dry)  
 3 lbs. ribeye cut into 1" cubes

#### **Strawtown Inn**

Cook onions in small batches in skillet (no fat) until they are soft and dry. Stir constantly to prevent burning. Stir in spiced butter and when hot add remaining ingredients. Bring to a boil. Add beef cubes and turn them with a spoon until all are well coated. Reduce heat to low. Cover and simmer for 1 ½ hours until tender. Serves 6.

**Berbere** is a spice mixture very difficult to obtain in the U.S., but you can make your own as follows:

¼ tsp. ground black pepper  
 ½ tsp. ginger  
 ¼ tsp. ground cardamom  
 ¼ tsp. ground coriander  
 ¼ tsp. fenugreek  
 ⅛ tsp. ground nutmeg

⅛ tsp. ground cloves  
 ⅛ tsp. ground cinnamon  
 pinch ground allspice  
 ½ cup paprika  
 1 ½ tsps. cayenne pepper

Combine all ingredients and blend well.

#### **Spiced Butter (to use in Beef Stewed in Red-pepper Sauce)**

1 lb. butter  
 ¼ of a small onion, chopped  
 1 ½ tsps. ginger  
 ¾ tsp. turmeric

¼ tsp. ground cardamom  
 ⅛ tsp. cinnamon  
 ⅛ tsp. cloves  
 ⅛ tsp. ground nutmeg

Simmer butter with spices and onions for 45 minutes until milk solids in bottom of pan are browned. Slowly pour liquids through sieve and filter.

### *Kenya*

#### **BEEF STEW**

4 lbs. of beef stew meat, cut into bite-sized pieces  
 1 ½ tsps. salt  
 1 Tbsp. lemon juice  
 2 Tbsps. cooking oil

#### **Paul Wesonga Murfreesboro, Tennessee**

1 large onion, peeled and chopped  
 3 potatoes, peeled and cubed  
 3 carrots, scraped and sliced  
 1 tsp. curry powder

Put meat into stew pot with salt and lemon juice and just enough water to cover. Simmer an hour, adding more water when necessary. Cook the onion in oil until yellow. Add potatoes, carrots, curry powder and stir. Add onion and vegetable mixture to meat. Cook covered until vegetables are tender. (45 more minutes cooking is enough.) Serves 8-10.

### *Ghana*

#### **PEANUT SOUP**

1 chicken, cut up, or 2 lbs. of beef, lobster or fish, cubed  
 peanut oil or corn oil  
 1 cup water  
 1 tsp. salt  
 $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. garlic powder  
 $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. black pepper

$\frac{1}{8}$  to  $\frac{1}{4}$  tsp. red pepper  
 $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. paprika  
 pinch of ginger  
 pinch of cloves  
 $\frac{1}{2}$  cup creamy peanut butter  
 mixed with 1 cup water  
 1 cup chopped onion  
 1 cup cut tomatoes, fresh or canned

Brown chicken, meat or fish in hot oil. Add water and seasonings. Cook until meat is tender. Add peanut butter mixture and vegetables; simmer until onion is tender. Serve with rice, potatoes or yams.

### *Zaire*

#### **BIRIANI**

2 lbs. beef or lamb stew meat,  
 cut into small pieces  
 1 clove garlic, minced  
 1 tsp. ginger  
 $\frac{1}{2}$  tsp. cinnamon  
 1 cup plain lowfat yogurt

juice from 6 limes  
 salt  
 2 large onions, sliced  
 $\frac{1}{2}$  cup butter or margarine  
 4-5 cups cooked rice, made with  
 chicken broth instead of water

In large stewpot, mix meat with garlic, ginger, cinnamon, yogurt, lime juice and salt. Add water to cover and stew until meat is tender. Melt  $\frac{1}{2}$  cup butter and fry onions until tender; add to meat. Put cooked rice in a layer on the top; melt rest of butter and pour over the rice. Cover and bake for 20 minutes at 350°.

**Kim Koza**

### *Japan*

#### **JAPANESE BEEF STEW**

8 cups beef stock  
 3 lbs. beef stew meat  
 4 turnips, quartered  
 2 carrots, cut into bite-sized  
 pieces  
 2 cans water chestnuts, sliced  
 10 small potatoes, peeled and  
 left whole

salt to taste  
 freshly ground black pepper to  
 taste  
 2 Tbsps. soy sauce  
 4 stalks celery  
 10 small white onions  
 4 scallions, cut into  $\frac{1}{2}$ " pieces

Bring beef stock to a boil; add all ingredients except celery, white onions and scallions. Simmer for 30 minutes. Add celery and onions and simmer until meat is tender. Add scallions; simmer for 2 minutes more. Serve stew with rice if desired. Makes approximately 6 servings.

**Chino Sato**

**Kusatsu, Japan**

*England***KIDNEY STEW**

1 lamb of beef kidney  
 6 slices of bacon  
 1 onion, diced  
 2 to 3 cups water

Ask butcher for a whole, fresh lamb or beef kidney. Remove white membrane and cut kidney in 1-inch pieces. Put in a pan of cool water and set aside.

Cut up bacon and put into a large heavy fry pan. Heat and drain off most of fat. Add onion, cooked until transparent. (Add more bacon grease if needed.) Drop the kidney pieces individually into the water. Add salt and pepper. Simmer over low heat 30 minutes. Add vinegar. Mix flour with water until smooth. Stir into mixture and serve over cooked hot rice.

*Kenya***BEAN STEW**

1 cup dried beans  
 5 cups boiling water  
 1 lb. beef stew meat, tenderized  
     and cut up in 1" cubes  
 3 Tbsp. oil  
 1 large onion, chopped coarsely  
 3 large potatoes, pared and cubed  
 3 celery ribs, cut in 1" slices

Soak beans overnight. Add beans to 4 cups boiling water in a 3-quart saucepan. Boil for 5 minutes. Remove from heat and let stand covered for 45 minutes.

Meanwhile brown meat in hot oil; add onion and cook until brown. Return the beans and simmer until they are quite soft. Add into the beans the meat-onion and all the other ingredients except the brussel sprouts.

Add the remaining cup of boiling water and simmer stew for 1 hour. Add sprouts and continue cooking for 15 minutes.

Can be served alone but is more popularly served with chappatis or rice. Serves 6-8.

*Zaire***AFRICAN CHICKEN & PEANUT STEW**

1 stewing chicken, cut up  
 2 cups water  
 ½ cup peanut butter  
 1 large onion, chopped

2 small cans chopped, mild,  
     green chili peppers  
     ½ tsp. cayenne pepper  
     salt and pepper to taste

Mix peanut butter and water in large (6 qt.) stewing pot. Add chicken and rest of ingredients; stew until chicken is tender, about 1 hour. Good served over rice.

**Elsie Maxam**

salt and pepper to taste  
 1 Tbsp. vinegar  
 2 Tbsps. flour  
 ¾ cup water

**Rosemary Sang  
Kericho, Kenya**

3 medium carrots, pared and cut  
     in rounds  
 1 cup fresh or frozen corn  
 1 tsp. curry powder  
 1½ tsps. salt  
 1½ lbs. fresh or frozen brussel  
     sprouts

*France***VEAL IN WINE**

3 lbs. veal, cubed  
 2 to 3 Tbsps. olive oil  
 4 whole onions  
 3 ozs. pitted green olives,  
 blanched to remove salt

Brown veal in olive oil. Season with salt and pepper and add onions. Pour in wine and water. Simmer 1 hour, covered. Turn veal, add mushrooms and olives. If liquid has evaporated, add a little water and heat 10-15 minutes, covered. If a thicker sauce is desired, make a mixture of 1 Tbsp. flour and 1 Tbsp. butter and swirl into sauce in bits during last 5 minutes of cooking. Serves 8 to 10.

*France***VEAL BLANQUETTE**

1½ lbs. shoulder of veal  
 12 tiny white onions  
 3 or 4 peeled and quartered  
 carrots  
 1 sprig parsley

Cut 1½ lbs. shoulder of veal into 1½" cubes. Put them in a pan and cover with water. Bring to a boil and skim. Then add onions, carrots, parsley, bay leaf and thyme. Cook gently until meat is quite tender. Drain off stock.

Melt a good tablespoon of butter and stir in flour. Slowly stir in hot stock from veal and cook, stirring constantly, until thickened.

Slightly beat two egg yolks in a bowl, add lemon juice. Stir about 1 cup of the hot sauce slowly into egg yolk mixture. Return to remaining sauce in saucepan. Add ¼ lb. sauteed mushrooms to the meat and add sauce to veal and vegetables. Heat but do not boil.

*Hong Kong***BRAISED STAR ANISE BEEF**

2 lbs. boneless beef shin  
 3 to 4 cups cold water  
 5 Tbsps. soy sauce  
 2 Tbsps. Chinese rice  
 wine or pale dry sherry

Place the beef in a heavy 3-4 quart saucepan and pour in 3-4 cups of cold water—enough to just cover the meat. Bring to a boil over high heat and as the scum begins to rise to the surface of the water, skim it carefully. Then stir in the soy sauce, wine, sugar, ginger and star anise, and partially cover the pan. Reduce the heat to moderate and cook the beef, adjusting the heat to keep the liquid at a simmer, for 2½ to 3 hours, or until it shows no resistance when pierced with the tip of a sharp knife. There

**Inge Drappier**  
**Paris, France**

¾ lb. mushrooms, sliced  
 1 cup dry white wine  
 ½ cup water  
 salt and pepper to taste

**Denise Murray**

1 bay leaf and thyme  
 2 egg yolks  
 2 Tbsps. lemon juice  
 ¼ lb. sauteed mushrooms

**Christine Van Hemert**

2 Tbsps. sugar  
 4 slices peeled, fresh ginger root,  
 1" diameter,  $\frac{1}{8}$ " thick  
 1 whole star anise or 8 sections  
 1 Tbsp. sesame-seed oil

should be about 1 cup of cooking liquid in the pan. If there is more, remove the cover and increase the heat somewhat, and cook until the liquid is reduced. Add sesame-seed oil and simmer slowly for another 10 minutes. When the meat is done, transfer it to a carving board; with a sharp knife cut into the thinnest possible slices. Arrange them attractively in overlapping layers on a heated platter. Remove and discard the ginger and star anise, and pour the braising sauce over the beef.

*The People's Republic of China*  
**MANDARIN BEEF**

Chia Ning

1 lb. beef flank, boneless sirloin or round steak	1 large green pepper
1½ Tbsps. oil	3 Tbsps. oil
2 tsps. cornstarch	1 tsp. finely chopped ginger root
1 tsp. soy sauce	1 tsp. finely chopped garlic
½ tsp. sugar	1 cup shredded carrot
¼ tsp. black pepper	½ tsp. red pepper
3 green onions	2 Tbsps. soy sauce
	salt to taste

Trim fat from beef and cut beef lengthwise into 2" strips. Cut across grain into ½" strips. Mix beef with 1½ Tbsps. oil, cornstarch, 1 tsp. soy sauce, sugar and black pepper. Cover and refrigerate 30 minutes.

Cut green onions into 2" pieces. Cut green pepper into thin strips.

Heat wok until very hot. Add 3 Tbsps. oil. Add beef, ginger root and garlic. Stir fry 3 minutes or until beef is brown. Add green pepper, carrot, red pepper and soy sauce. Stir fry 1 minute. Salt to taste, if needed. Makes 4 servings.

*The People's Republic of China*

**CROCK POT CHINESE BEEF & PEA PODS**

Betty Sikkink

Apple Valley, Minnesota

1 to 1½ lbs. round steak, thinly sliced	2 Tbsps. cold water
1 (10½ oz.) can condensed beef consomme	1 can sliced water chestnuts, drained
¼ cup soy sauce	1 small can bamboo shoots, drained
¼ tsp. ground ginger	1 small can bean sprouts, drained
1 bunch green onions, sliced	1 (7 oz.) pkg. frozen Chinese pea pods, partly thawed
2 Tbsps. cornstarch	

Combine steak in crockpot with consomme, soy sauce, ginger and onions. Cover and cook on low setting for 5-7 hours. Turn control to high. Stir in cornstarch that has been dissolved in cold water. Cook on high for 15 minutes or until thickened. During last 5 minutes of cooking add remaining ingredients. Serve over rice or noodles.

### *Thailand*

#### POT ROAST BEEF

1 lb. stewing beef  
 1 tsp. minced garlic  
 $\frac{1}{2}$  tsp. pepper  
 1 piece ginger root  
 2 Tbsps. soy sauce  
 1 Tbsp. sugar

Rub the meat with salt, pepper and minced garlic and let stand for 1 hour. Heat the oil in a heavy saucepan, add the meat, turning over a few times. Add sugar, soy sauce and water. Adjust seasoning, add ginger, and bring to a boil. Cover, reduce heat to very low, and simmer for 1 hour until the meat is tender. Add the potato and green beans. Cover and simmer for 20 minutes more. Remove and arrange on serving plate.

Evelyn Bandstra

1 tsp. salt  
 2 medium potatoes (peeled, cut in fourths)  
 $\frac{1}{2}$  cup green beans (cut in half)  
 1 cup water

### *The People's Republic of China*

#### SWEET AND SOUR MEATBALLS

1 lb. ground beef  
 $\frac{1}{2}$  cup dry bread crumbs  
 $\frac{1}{4}$  cup milk  
 2 Tbsps. finely chopped onion  
 $\frac{1}{2}$  tsp. worcestershire sauce  
 $\frac{1}{4}$  tsp. salt  
 1 egg  
 $\frac{1}{2}$  cup packed brown sugar

Mix beef, bread crumbs, milk, onion, worcestershire sauce, salt and egg. Shape mixture into 18-20 ( $1\frac{1}{2}$ ") balls. Cook in skillet over medium heat 15-20 minutes. Drain.

Mix brown sugar and cornstarch in skillet. Add pineapple, vinegar, soy sauce and garlic powder. Heat to boiling, stirring constantly. Stir in green pepper. Cover and simmer for about 5 minutes. Serves 4.

Chia Ning

1 Tbsp. cornstarch  
 1 can (15 $\frac{1}{4}$  oz.) pineapple chunks, undrained  
 $\frac{1}{3}$  cup red wine vinegar  
 1 Tbsp. soy sauce  
 $\frac{1}{4}$  tsp. garlic powder  
 1 small green pepper, chopped

### *The People's Republic of China*

#### SWEET AND SOUR SAUCE

(A good general purpose sauce to go with different meats)

1 cup vinegar	$\frac{1}{2}$ cup pineapple juice
1 cup sugar	$\frac{1}{2}$ cup tomato paste
1 $\frac{1}{2}$ tsps. salt	3 Tbsps. cornstarch dissolved in
$\frac{1}{2}$ cup orange juice	3 Tbsps. water

Sheng Yun Sheng  
 Hangzhou, P.R. China

Combine all ingredients except cornstarch and bring to a boil slowly. Simmer about five minutes. Add cornstarch mixture and heat until the sauce has thickened. You may want to adjust the amount of cornstarch to suit how thick you would like the sauce to be.

***Japan*****SWEET AND SOUR MEATBALLS**

1 lb. ground beef  
 1 egg, beaten  
 1 tsp. (scant) salt  
 pepper to taste, freshly ground  
 1 Tbsp. cornstarch  
 oil for frying

Combine beef, beaten egg, salt and pepper to taste. Mix in onion and cornstarch. Shape into small-size meatballs. Brown meatballs in small amount of oil in frying pan or wok. Drain on paper towel. Discard pan drippings.

In same pan combine reserved pineapple liquid, water and sweet-sour mix. Stir constantly until mixture boils. Add green pepper, meatballs and pineapple. Bring to a boil; turn heat down. Simmer for 5 minutes, stirring occasionally.

Serve meatballs on hot rice. Makes 4 servings.

**Nobutaka Hayakawa  
Amagasa City, Japan**

1 (13½ oz.) can pineapple tidbits,  
 drained (reserve liquid)  
 1 cup water  
 1 pkg. sweet and sour sauce mix  
 ½ cup thinly sliced green pepper

***Norway*****NORWEGIAN MEATBALLS**

1 lb. lean ground beef  
 ¼ lb. ground pork  
 1 egg, slightly beaten  
 ½ cup milk  
 1 Tbsp. cornstarch  
 1 medium onion, minced

½ to 1 tsp. salt  
 freshly ground pepper to taste  
 ⅛ tsp. ground nutmeg  
 ⅛ tsp. ground allspice  
 ⅛ tsp. ground ginger  
 butter or margarine

Blend meats. Combine egg, milk and cornstarch; add to meat mixture, mixing well. Add onion, salt, pepper, nutmeg, allspice and ginger; beat thoroughly until very light. Form into small balls, about 1½" in diameter. Brown in butter or margarine; cover and simmer slowly until done, adding water if necessary. Remove meatballs; prepare the following gravy.

**Gravy:**

1 Tbsp. butter or margarine  
 2 Tbsps. all-purpose flour

½ to 1 cup water  
 salt and pepper to taste

Add butter or margarine to droppings. Stir in flour and brown; add enough water to make a medium thick gravy. Season to taste with salt and pepper; add meatballs and heat thoroughly. Serves 4-6.

**Mihee De Bruin  
Oskaloosa, Iowa**

**Korea  
KOREAN BARBEQUE RIBS**

3 lbs. boneless beef ribs  
 ¼ cup soy sauce  
 ¼ cup brown sugar

½ onion, diced  
 1 tsp. garlic powder  
 1 tsp. ginger powder

Put all the ingredients together in large bowl and mix well. Let sit at least 2 hours. Can be grilled or broiled. Serves 5.

## *Sweden*

### **SWEDISH MEATBALLS**

2 lbs. ground beef  
 ½ cup milk  
 2 eggs  
 6 to 8 soda crackers, rolled fine  
 1 heaping tsp. cornstarch  
 2 tsps. salt  
 ½ tsp. pepper

¾ tsp. sugar  
 ½ tsp. allspice

**Tom Petersen**

Mix all ingredients together. Form in small balls, roll in flour and brown on all sides. Place in a large baking dish and add a half cup of water. Bake at 300° for 1 hour. From drippings, make cream gravy and pour over balls. Makes 40 small balls.

## *Kenya*

### **CURRIED BEEF FLAT CAKES**

½ lb. ground beef  
 3 large potatoes, peeled and  
     grated  
 3 large carrots, grated  
 ½ cup whole wheat flour  
 2 Tbsps. sugar  
 ½ tsp. salt

1 tsp. curry powder  
 ½ tsp. cinnamon  
 1 tsp. baking powder  
 1 egg  
 ½ cup milk  
 ¼ cup vegetable oil

**Susan Maina**  
**Nairobi, Kenya**

Combine beef, potatoes and carrots in a large bowl. In another bowl sift together the flour, sugar, salt, curry powder, cinnamon and baking powder. Add to the beef mixture along with the egg and milk. Blend thoroughly. Into a pan over medium heat, put 2 Tbsps. of the oil. Using ½ cup of mixture at a time, shape into cakes and put in the oil. Cover and cook until brown. Flip cakes over to brown on the other side. Repeat until all of the mixture is used, adding the remaining oil when necessary. Makes 8-10 cakes.

## *Korea*

### **BARBECUED BEEF**

1 lb. top round of beef, very  
     thinly sliced into strips  
 3 Tbsps. soft brown sugar  
 ½ cup soy sauce  
 salt and pepper  
 4 Tbsps. sesame oil

1 garlic clove, crushed  
 2 scallions, green part only,  
     finely crushed  
 5 Tbsps. roasted sesame seeds,  
     ground

**Jim Huffman**

Mix the beef, sugar, soy sauce, salt and pepper to taste, oil, garlic, scallions and half the sesame seed together. Set aside at room temperature for 2 hours, basting and turning the meat from time to time.

Preheat the grill to hot. Lay the beef strips on the grill pan and grill for 5 to 8 minutes, or until the strips are cooked through and evenly browned. Remove from heat, sprinkle over the remaining sesame seeds and serve at once. Serves 4.

## *Japan*

### JAPANESE BEEF SUKIYAKI

(*SUKI* means "to slice thin" and *YAKI* means "to fry." A popular item at Central College Auxiliary's annual Foreign Food Fair.)

1 lb. lean meat (sirloin tip, fillet or tenderloin), sliced thin	1 cup bamboo shoots, sliced
1 cup green onions, cut into 1½" lengths	1 cup soy sauce
1 cup sliced mushrooms	1 pkg. of shiratake or long rice
1 can water chestnuts, sliced	¼ lb. butter or margarine
4 medium onions, sliced	¼ cup sugar
	2 cups sake or sherry
	cooked rice

Heat skillet and melt butter. Drop in thinly sliced meat. When meat is half cooked, add mushrooms, bamboo shoots, onions and water chestnuts and cook about 8 minutes. Add sugar, sake and soy sauce. Long rice and green onions require very little cooking, so add last, just before serving. Serve over rice.

Variations: Chicken in place of beef. Inclusion of tofu or other vegetables such as Chinese cabbage, bean sprouts, spinach or zucchini.

**Maxine Huffman**

## *Japan*

### TERIYAKI STEAK

4 boneless steaks, about ½ lb.

#### For marinade:

1 clove garlic, finely minced  
1 piece of sugared or candied ginger, finely minced  
1 Tbsp. brown sugar  
salt

#### For stuffed tomato garnish:

4 medium tomatoes  
salt  
white pepper

**Nobutaka Hayakawa  
Amagasa City, Japan**

pepper, freshly ground  
½ cup rice wine or sherry  
6 Tbps. soy sauce  
½ cup white wine  
juice of half a lemon

4 Tbps. bean sprouts, canned or fresh  
1 Tbsp. tomato catsup

Combine marinade ingredients in shallow dish large enough to hold the steaks. Stir until well-blended. Add steaks to marinade; coat well with marinade. Marinate for 12 hours, turning steaks frequently. Drain steak. Arrange on broiler pan and place under preheated broiler. Broil 4 minutes on each side.

Meanwhile, remove stems from tomatoes; cut off approximately ½" slices from bottoms. Scoop out seeds; discard. Sprinkle insides of tomatoes with salt and pepper. Place bean sprouts and catsup into small skillet. Heat for 5 minutes. Spoon into tomatoes.

Arrange steaks on preheated serving platter. Garnish with stuffed tomatoes. Serves 4.

## *Japan*

### SIMMERED STEAK AND VEGETABLES

2 lbs. fillet steak  
 1 small white Chinese cabbage  
 12 spring onions  
 2 tender young carrots  
 1 lb. button mushrooms  
 8 to 10 cups chicken stock

**Sesame Seed Sauce:**  
 4 Tbsps. sesame seeds  
 2 Tbsps. mild white vinegar  
 $\frac{3}{4}$  cup Japanese soy sauce  
 3 Tbsps. finely chopped spring onion  
 2 tsps. finely grated fresh ginger

Cut steak in very thin slices. Cut cabbage into short lengths. Cut spring onions into bite-sized lengths. Cut carrots in round slices, parboil and drain. Wipe mushrooms with damp kitchen paper, trim ends of stalks and cut into halves unless they are very small. Arrange food on serving platter, cover and refrigerate.

At serving time pour stock into table-top cooker or electric pan. Heat and place in center of table, within easy reach of everyone. Keep stock simmering throughout the meal, making more as necessary. Serve with white rice. Care should be taken not to overcook. Ingredients are picked up with chopsticks and held in boiling stock until just done, then transferred to individual bowls and eaten with sesame seed sauce. When the meat and vegetables are eaten, the stock is served as a soup.

**Sesame seed sauce:** Lightly brown sesame seeds in a dry pan over moderate heat, stirring constantly with a spoon or shaking pan (about 5 minutes). Turn on a plate, cool, then crush with mortar and pestle. Combine with remaining ingredients. Blend in blender at high speed for a few seconds. Serves 6-8.

## *Colombia*

### ROLLED FLANK STEAK (With onions and cumin seeds)

2 lbs. flank steak, trimmed of all fat  
 freshly ground black pepper  
 3 Tbsps. oil  
 1 cup coarsely chopped onions

**Elizabeth Montes**  
**Colombia**

$\frac{1}{2}$  tsp. finely chopped garlic  
 5 cups water  
 1 tsp. ground cumin seeds  
 $\frac{1}{2}$  tsp. salt

Preheat the oven to 350°. Season both sides of the steak with 1 tsp. of the salt and a few grindings of pepper. Then roll the steak with the grain in jelly-roll fashion and tie it at both ends and in the middle with kitchen cord. In a heavy 3- to 4-quart casserole, heat 2 Tbsps. of the oil over high heat until a light haze forms above it. Add the rolled steak and brown it on both sides. Regulate the heat so that the steak browns quickly without burning. Transfer the steak to a plate and, to the fat remaining in the casserole, add  $\frac{1}{2}$  cup of the onions and the garlic. Cook over moderate

heat, stirring frequently, for five minutes. Return the steak and any juice on the plate to the casserole, pour in the water, and bring to a boil over high heat. Cover the casserole and cook for two hours, or until the steak shows no resistance when pierced with the tip of the knife. Remove the casserole from the oven and increase the heat to 400°.

In a 6" to 8" skillet, heat the remaining tablespoon of oil over moderate heat and add the remaining ½ cup of onions. Stir in the cumin and ½ teaspoon of salt and cook for 3 minutes. Spread the onions on the top of the steak.

Return the casserole to the oven and bake, uncovered, for 15 minutes, or until the onions are lightly browned.

Slice the steak into ¼" rounds and arrange them attractively on a heated platter. Pour the pan juices over them and serve immediately. Serves 4.

### ***Germany***

#### **BEEF ROLLS**

4 thin slices top round steak  
prepared mustard  
salt and pepper to taste  
2 ozs. bacon, diced  
½ onion, diced

2 to 3 Tbsps. vegetable oil  
2 cups water  
1 to 2 Tbsps. cornstarch  
1 Tbsp. cold water

**Lilo Ritter**

Ask butcher to cut the steak thin. Pound lightly. Brush with prepared mustard and sprinkle with salt and pepper. Mix together the diced bacon and chopped onions; spread the mixture on the beef. Starting at the narrow end, roll up the slices of meat and secure them with a skewer or thread. Heat the oil and brown the beef rolls well. Carefully add about 2 cups of hot water. Cover and cook gently until done (about 2 to 2½ hours). Make up any water lost during cooking and thicken with cornstarch mixed with cold water to make a gravy. Further season to taste.

Yield: 4 servings.

### ***Austria***

#### **BOILED BEEF**

1 lb. beef ribs  
1 large onion, diced  
2 carrots, sliced  
3 stalks celery, sliced  
1 Tbsp. parsley flakes

¼ tsp. pepper  
½ tsp. salt  
4 qts. water  
3 lbs. beef brisket

**Marianne Haydon**  
**Vienna, Austria**

Combine beef ribs, onion, carrots, celery, parsley flakes, pepper and salt in heavy pan with the water and bring to boil. Skim off scum and boil for an hour. Add beef brisket, and skim once again after the broth has returned to a boil. Reduce heat and simmer beef, covered (leaving space only for steam to escape), for 2½ hours. Slice and serve hot with pickle sauce.

**Austria****SOUR PICKLE SAUCE**

2 Tbps. butter  
 1 cup finely chopped onions  
 2 Tbps. flour  
 2 cups beef stock from boiled  
 beef or canned beef stock

1 Tbsp. sugar  
 1 Tbsp. white vinegar  
 $\frac{1}{2}$  cup peeled, chopped dill pickle  
 $\frac{1}{2}$  cup heavy cream  
 salt

Put butter in saucepan. Add onions and cook for about 5 minutes, or until lightly colored. Add flour, stirring constantly, until lightly browned. Add stock, sugar and vinegar and bring to boil. Cook over moderate heat for 15 minutes, or until sauce coats the pan lightly. Pour through a sieve, return to saucepan, and reheat. Add pickles and stir in cream. Taste for seasoning. Serve in a sauceboat with boiled beef. Yield: 2 cups sauce.

**Maria Raith****Austria****Germany****Lilo Ritter's GERMAN SAUERBRATEN**

(Pella's Choicest Recipes,  
a favorite of Maxine Huffman)

3 lbs. top round of beef

**Marinade:**

$\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  cup water  
 1 cup red wine  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  cup chopped parsley

1 bay leaf  
 1 tsp. marjoram  
 1 tsp. thyme  
 5 pepper corns  
 1 whole allspice

Combine ingredients, bring to boil. Cool. Pour marinade over roast. Cover and store in a cool place for several days, turning meat once each day. Remove meat, drain. Strain and save marinade.

$\frac{1}{2}$  cup flour  
 2 Tbps. shortening  
 $\frac{1}{4}$  cup chopped onion  
 $\frac{1}{4}$  cup sliced carrots

$\frac{1}{4}$  cup dry red wine  
 2 tsps. salt  
 $\frac{1}{2}$  cup water

Coat the meat with  $\frac{1}{4}$  cup of flour and sear in shortening. Add  $\frac{1}{4}$  cup of onion, carrots, and cook for 10 minutes, stirring constantly. Pour marinade over meat. Cover and simmer for 3 hours. Remove meat and keep hot. Mix remaining  $\frac{1}{4}$  cup of flour with  $\frac{1}{2}$  cup of water. Stir into sauce and cook until thickened. Add salt. Strain gravy, add wine, and serve over meat. Serves 6.

### *Austria*

#### **WIENER SCHNITZEL (Breaded Veal Cutlets)**

**Ursula Muller  
Austria**

2 lbs. leg of veal, cut into slices  
 $\frac{1}{4}$ " thick  
1 cup fresh lemon juice  
salt  
freshly ground black pepper

2 eggs  
 $\frac{1}{4}$  cup flour  
1 cup fine bread crumbs  
 $1\frac{1}{2}$  cups oil

In a glass, stainless-steel or enameled baking dish, marinate the cutlets in lemon juice for one hour. Pat them dry with paper towels, sprinkle them liberally with salt and pepper, dip them in the beaten eggs, then dip them in flour and shake off the excess, and finally dip them in bread crumbs. Gently shake any excess bread crumbs from the cutlets and refrigerate for at least 20 minutes.

Heat the oil in a heavy 12" skillet until a light haze forms over it, then add the cutlets. Cook over medium heat 3 to 4 minutes on each side, or until they are brown, using tongs to turn them. Serve immediately, garnished with lemon wedges. Serves 4.

### *Germany*

#### **GOULASH**

**Lilo Ritter**

1 lb. lean beef, veal, pork or mutton  
2 Tbsps. oil (pork will require less)  
1 large onion, diced  
2 large green peppers, diced

2 cups water  
salt and pepper to taste  
pinch of paprika  
1 to 2 tsps. cornstarch  
1 Tbsp. cold water

Cut the meat into  $\frac{3}{4}$ " cubes and brown in the oil. Add the onion and green peppers and saute a little longer. Pour in the water and add salt and pepper. Cover and simmer gently until done: (beef goulash, about  $1\frac{1}{2}$  to 2 hours; pork goulash, about 1 hour; veal goulash, about 1 hour; mutton goulash, about 1 hour). Add paprika and more salt if necessary. Thicken with cornstarch blended with one tablespoon of cold water. Yield: 4-6 servings.

VARIATIONS: Tomato puree or sour cream may be added to beef goulash. Pork goulash is improved by the addition of 2 to 3 Tbsps. Madiera wine, sour cream, or 2 chopped, skinned tomatoes, added with cooking. Mutton goulash may be enriched by a few slices of fresh, peeled, seeded cucumbers or about 4 skinned and chopped tomatoes added to it during cooking time.

### *Ireland*

#### **IRISH CORNED BEEF AND CABBAGE**

**Nora Stark**

1 (3 lb.) corned-beef brisket  
cold water to cover  
1 small onion, peeled, studded  
with whole cloves

1 clove garlic, peeled, crushed  
1 bay leaf  
4 peppercorns  
1 medium head cabbage

Place corned beef in a Dutch oven; cover with cold water. Add onion, garlic, bay leaf and peppercorns. Bring to boil over moderate heat. Skim any foam; cover. Reduce heat to low; cook approximately 3 hours or until tender. Remove meat; keep warm. Cut cabbage into 4 wedges. Cut out the core; cook 12-15 minutes or until cabbage is tender. Drain well; dress with butter, salt and pepper.

Slice corned beef. Serve with cabbage and boiled potatoes. The following horseradish is a spicy addition.

**Horseradish Sauce:**

$\frac{1}{2}$  cup sour cream  
 $\frac{1}{2}$  cup mayonnaise

2 Tbsps. (or more) prepared hot horseradish  
1 Tbsp. chopped parsley

Mix all ingredients together, adding horseradish to taste. Let stand at least 1 hour before serving.

***Mexico***  
**BEEF TACOS**

1 lb. beef filet  
12 corn tortillas, warmed in foil or briefly in the oven  
2 cups shredded lettuce

**Sauce:**

$\frac{1}{2}$  cup whole tomato sauce  
1 tsp. chili pepper  
1 tsp. freshly squeezed lime juice

**Javier Juarez**  
**Denver, Colorado**

1 medium-sized sweet onion, finely chopped  
2 medium-sized tomatoes, finely chopped

1 tsp. cider vinegar  
dash of ground Mexican oregano  
1 garlic clove, freshly pressed  
 $\frac{1}{2}$  tsp. ground cumin

Charcoal-broil the filet. As it is getting done, warm the tortillas on dinner plates in a 350° oven.

Thinly slice the beef and place in a bowl. Place the lettuce, onion, tomatoes and sauce in similar bowls. Place the tortillas in a napkin-lined basket.

Assemble the tacos by placing a layer of meat in a tortilla, then layers of lettuce, onion, tomatoes and sauce.

***Mexico***  
**YUCATECAN-STYLE TACOS**

15 corn tortillas (better when fresh)  
cooking oil  
10 pork chops  
 $\frac{1}{4}$  lb. ham  
3 medium green peppers  
1 lb. cheese

**Ricardo Rosas**  
**Merida, Yucatan**

1 head of lettuce  
2 onions  
2 lemons  
2 tomatoes  
2 oranges  
 $\frac{1}{8}$  tsp. achiote  
salt

In a cup, squeeze 1 lemon with  $1\frac{1}{2}$  oranges and mix with achiote condiment. Coat the pork chops with the achiote and let rest for 5 minutes.

In a frying pan with the cooking oil, put 2 slices of onion and the pork chops; fry until a brown-red color. If desired, squeeze on half of the lemon during cooking. After the pork chops are done, cut them into pieces. In a frying pan with cooking oil, dice 2 onions and 2 tomatoes, 2 green peppers and ham; mix and then fry these ingredients for 5-7 minutes. Add the pork chops and cover with cheese. Squeeze on the rest of the lemons and let everything cook for 10-15 minutes. Chop the lettuce and add it to the tacos. Yield: 5 servings.

**Mexico**  
**FLAUTAS**

12 corn tortillas  
about 1½ cups cooked meat  
filling such as beef, pork  
or chicken

cooking oil  
shredded lettuce  
tomato sauce  
sour cream

Wrap the tortillas in foil and heat in an oven about 15 minutes to soften or place each one briefly on a hot griddle.

Using 2 spoons, place a narrow pile of filling along the center of each tortilla, working on only one at a time. Roll and secure with a toothpick.

While rolling the flautas, heat about ¼" of cooking oil to medium heat in a large, heavy skillet. Fry the flautas, turning to brown evenly. Drain on paper towels. Serve garnished with lettuce, tomato sauce and cream to taste.

**Mexico**  
**QUESADILLAS**

tortillas  
grated or thinly sliced cheese:  
Monterey Jack, Havarti  
Jaarleburg, etc.

Optional: tiny pieces of chicken,  
tomatoes, turkey, ham, pepper,  
pepperoni, etc.

In fry pan place tortillas (no grease) over medium low heat. Put cheese in thin layers on half of tortilla and add any optional bits scattered over cheese. Flip other half over. Heat and then flip over and heat on both sides. Sprinkle on a few drops of lemon juice. Serve warm.

**Mexico**  
**POTATO QUESADILLAS**

1 medium cooked potato  
3 ozs. shredded Muenster or  
Monterey Jack cheese  
¼ cup diced green chiles

**Penny Reynen**  
**Hollandale, Minnesota**

3 tsps. chopped onions  
salt to taste  
6 flour tortillas

Grate potato. Combine with cheese, chiles and onions. Season with salt. Spoon potato mixture onto 1 side of each tortilla, leaving a border around the edges. Fold tortillas in half to enclose filling; press to secure. Cook tortillas in lightly oiled skillet until golden brown—about 1 minute. Serve with salsa.

***France*****HAM SOUFFLE**

½ cup ground ham  
 2 Tbsps. butter  
 2 Tbsps. flour  
 2 cups milk  
 ¼ lb. grated cheese (Gruyere)  
 4 egg yolks, beaten

Melt butter, stir in flour and add milk, stirring, and bring to a boil. Let cook 5 minutes. Add grated cheese, ground ham and 4 egg yolks. Fold in egg whites, season with salt and pepper, and put in buttered souffle mold. Bake in pan of water for 30 minutes in 325° oven, increase oven temperature to 475° and bake 30 minutes longer. Protect souffle with a sheet of aluminum foil to prevent burning. (Can also be cooked in a 475° oven.) Before serving, pour following sauce on the souffle and sprinkle with chopped ham. Serves 4.

**Sauce:** Cook cornstarch in milk a few minutes and mix with warmed cream. Season to taste. Do not prepare ahead.

**Inge Drappier**  
**Paris, France**

***Jamaica*****ROAST PORK CALYPSO**

5 to 6 lbs. lean pork loin,  
 preferably center cut  
 2 cups chicken stock, fresh or  
 canned  
 1 cup light-brown sugar  
 3 Tbsps. dark rum  
 3 tsps. finely chopped garlic  
 2 tsps. ground ginger  
 ½ tsp. ground cloves

Preheat the oven to 350°. With a sharp knife, lightly score the pork loin. Place the pork scored side up in a shallow roasting pan just large enough to hold it comfortably. Roast the loin in the middle of the oven for 1 hour, or until the pork is golden brown. Remove the pan from the heat and transfer the loin to a cutting board or platter. Skim the fat from the juices in the pan, pour in the stock, and set the pan and its liquid aside.

With a large mortar and pestle or in a small bowl with the back of a spoon, mash the brown sugar, 3 Tbsps. of dark rum, the garlic, ginger, cloves, bay leaf, salt and pepper to a smooth paste. With a metal spatula or your fingertips, spread the paste evenly over the scored side of the pork. Return the loin to the pan scored side up, and roast in the middle of the oven for another 30 minutes, or until the surface is crusty and brown.

Transfer the loin to a heated platter and let it rest for 10 minutes for easier carving. Meanwhile, warm the ¼ cup of light rum in a small skillet over low heat. Off the heat, ignite the rum with a match, then slide the skillet gently back and forth until the flames die out.

**Strawtown Inn**

2 medium-sized bay leaves,  
 crumbled  
 1 tsp. salt  
 ¼ tsp. freshly ground black  
 pepper  
 ¼ cup light rum  
 2 tsps. arrowroot combined with  
 1 Tbsp. cold water  
 3 Tbsps. strained fresh lime juice

Bring the liquid remaining in the baking pan to a boil over high heat. Give the arrowroot-and-water mixture a quick stir to recombine it and add it to the pan. Stirring constantly, cook briskly until the sauce thickens enough to coat the spoon heavily. Remove the pan from the heat and stir in the flamed rum and the lime juice. Taste for seasoning and pour the sauce into a heated bowl or sauceboat. Serves 6 to 8.

### *Japan*

#### **GRILLED MARINATED SKEWERED PORK**

2 lbs. pork loin, thinly sliced  
1/3 cup soy sauce  
1/4 cup sugar

1 tsp. fresh ginger root, grated  
1 cup onion, finely chopped  
1/4 cup sake or dry sherry

Combine pork slices, soy sauce, sugar, ginger root, onion and sake. Marinate overnight in refrigerator.

Thread pork onto skewers. Broil or grill 5 minutes on each side while basting frequently with marinade.

Serve hot with rice as an accompaniment. Serves 8.

### **Shinich Umezawa**

**Ichihara, Japan**

### *The People's Republic of China*

#### **SWEET AND SOUR PORK**

1/2 lb. boneless pork  
1/2 tsp. salt  
1 tsp. light soy sauce  
flour  
1 egg, lightly beaten  
1 firm large tomato

1 medium onion  
1 green pepper  
about 16 pineapple chunks  
1/2 to 3/4 cup of sweet and sour  
sauce

Cut pork into 3/4" cubes. Season with salt and light soy sauce. Roll in flour and then egg. Deep fry until done (about 3 minutes). Cut tomato into eighths. Do the same with the onion. Cut the green pepper into 3/4x3/4" squares.

Drain pork. Then brown onion and pepper in 1 Tbsp. of oil for a minute. Add 1/2 cup "sweet and sour" sauce and cook for 1 minute. Add tomato and pineapple chunks and cook for about 30 seconds. Add the pork and remove from heat. Mix well and serve immediately. Makes 4 servings.

### **Sheng Yun Sheng**

**Hangzhou, P.R. China**

### *The People's Republic of China*

#### **SICHUAN PORK CHOPS**

4 pork chops, cut 1/2" thick  
4 green onions, thinly sliced  
1/4 cup soy sauce  
1 Tbsp. finely chopped ginger  
root

1 tsp. sugar  
2 tsps. finely chopped garlic  
1 tsp. sesame oil or cooking oil  
1/2 cup cornstarch  
3/4 cup cooking oil

Trim fat from pork chops and pound to reduce thickness. Place in shallow dish.

### **Chia Ning**

**China**

For the marinade, combine onion, soy sauce, ginger root, sugar, garlic and 1 tsp. oil. Marinate at room temperature for 30 minutes, turning several times; drain.

Dip chops into cornstarch until thoroughly coated. In a large skillet, fry chops in hot oil about 2 to 3 minutes on each side. Drain on paper toweling. Makes 4 servings.

### *The People's Republic of China*

#### HANGZHOU STYLE PORK AND PEANUTS

Maxine F. Huffman

2 lbs. lean boneless pork	3 Tbsps. sesame oil
3 Tbsps. soy sauce	1½ tsps. grated ginger root
½ tsp. five-spice powder	8 green onions, cut into 1" lengths
2 tsps. cornstarch	2 cups peanuts (unsalted or
½ cup water	lightly salted)

Cut pork into small bite-sized cubes. In small bowl combine soy sauce, five-spice powder, cornstarch and water. Set aside. Preheat wok or large skillet. Add sesame oil and stir-fry ginger root for about 1 minute. Add green onions and stir fry another minute. Add peanuts and stir fry 2 to 3 minutes. Remove nut and onion mixture. Stir fry pork in two batches, for 3 minutes each. Put both batches in skillet and add soy sauce mixture. Cook and stir until thickened. Add nut and onion mixture and cook for about another minute (until warmed through). Serve. Makes 8 servings.

### *Argentina*

#### ARGENTINIAN STYLE MEATS AND VEGETABLES

Horacio Rosendo

Buenos Aires, Argentina

1½ cups dried chick peas (garbanzos)	6 large slices zucchini
2½ lbs. beef short ribs, cut into serving-sized pieces	6 large tomatoes, peeled
1 lb. lean salt pork, sliced thin	1 large cabbage, cut into 12 sections
3 lbs. chicken, cut into serving pieces	1 Tbsp. minced parsley
2 chorizo sausages	1 green pepper, chopped
6 carrots, peeled and halved	6 leeks, white part only, thoroughly cleaned and sliced
6 small turnips	6 white potatoes, peeled or unpeeled and halved
6 medium onions	salt and pepper to taste
3 garlic cloves, minced	

Soak the chick peas overnight, drain, and then bring to a boil in 4 quarts of water. Add the beef, salt pork and chicken. Cook for 3 hours. Add the sausages, carrots and turnips and cook for another hour. Thirty minutes before serving add the remaining ingredients.

To serve, place the meats on a large platter and surround with the vegetables. The cooking liquid is used as a soup that is usually served at the same time. Serve the meat with horseradish sauce. Makes 12 servings.

### *Argentina*

#### LAMB CASSEROLE

3 Tbsps. margarine or vegetable oil  
 3 Tbsps. flour  
 ½ tsp. dry mustard  
 1 (10½ oz.) can beef consomme  
 ¾ cup dry white wine  
 ¼ cup half-and-half

Melt margarine or oil in a medium casserole. Stir in the flour and mustard. Blend in consomme, stirring constantly. Add the white wine. Cook until thickened. Then stir in the cream, worcestershire sauce, eggs, mushrooms and meat. Top with buttered crumbs mixed with parsley. Bake uncovered at 350° F. for about 30 minutes (until golden and bubbly). Serve with rice. Makes 6 servings.

Horacio Rosendo  
Buenos Aires, Argentina

1 Tbsp. worcestershire sauce  
 3 hard-cooked eggs, chopped  
 ¾ cup sliced mushrooms, lightly sauteed  
 2½ cups cooked lamb, diced  
 ½ cup buttered crumbs  
 1 tsp. parsley flakes

### *The People's Republic of China*

#### SAUTED LAMB AND ONIONS

1 lb. lamb or mutton  
 2 tsps. olive oil  
 ½ tsp. minced ginger root

2 medium onions, sliced  
 ½ cup soy sauce  
 cooked rice

Slice the lamb or mutton into very thin slices. Bring the oil to a hot point in a frying pan and add the lamb and ginger. Cook until the meat is well seared. Add the sliced onions and soy sauce; bring the latter to a quick boil. Serve while very hot with rice. Serves 4.

Zhihong Yang  
Suchow, P.R. China

### *St. Martin*

#### SHRIMP AND LOBSTER REMOULADE

1 lb. shrimp in shell, boiled three minutes, then chilled, peeled and cleaned  
 1 lb. rock lobster tails, boiled three minutes, then chilled and shelled

Cut shrimp and lobster into bite-sized pieces and arrange in sherbet glasses or small glass bowl garnished with leaf bibb lettuce. Squeeze the juice of one lemon over each serving and top with the following sauce:

1 cup finely chopped celery  
 1 tsp. grated sweet onion  
 1 Tbsp. worcestershire sauce  
 3 Tbsps. chopped sweet pickle relish

1 cup Miracle Whip salad dressing or Helmann's mayonnaise  
 ⅓ cup Heinz chili sauce  
 2 dashes of tabasco

Combine all of the above ingredients. Chill well before serving. Serves 12.

Strawtown Inn

**Japan**

**SHRIMP TEMPURA**

fresh or frozen shelled shrimp  
assorted fresh vegetables such as  
asparagus spears, parsley, sweet  
potatoes, mushrooms and  
green beans  
cooking oil

1 cup all-purpose flour  
1 slightly beaten egg  
1 cup ice water  
2 Tbsps. cooking oil  
½ tsp. sugar  
condiments (see below)

Thaw frozen shrimp. Wash and dry shrimp and vegetables well. Slice or cut vegetables into strips if necessary. In skillet that is at least 3 inches deep, heat 1½ " oil to 365°. For batter, mix flour, ice water, egg, 2 Tbsps. oil, sugar and ½ tsp. salt; beat until moistened (a few lumps should remain). Stir in one or two ice cubes. Use at once. Dip shrimp and vegetables into batter. Fry in hot oil until light brown; drain.

Serve with condiments: (1) grated fresh ginger root; (2) equal parts grated turnip and radish, mixed; (3) ½ cup prepared mustard mixed with 3 Tbsps. soy sauce.

**Kanna, Ikebe**  
**Tokyo, Japan**

**The People's Republic of China**

**PUFFED PRAWNS**

8 large shrimp (one for each  
person)  
pinch of salt  
3 tsps. rice wine  
8 medium egg whites

3 tsps. flour  
3 tsps. cornstarch  
3 cups vegetable oil  
cucumber, red and green peppers,  
cut into decorative shapes

Remove the heads and shells from the shrimp, leaving the tails intact. Make a small slit along the back, then rinse under cold running water to remove the vein. Make small slits across the back to keep the shrimp from curling as they cook. Cut the shrimp open from the underside, being careful not to cut all the way through. Flatten slightly with the side of a cleaver.

Sprinkle the shrimp with the salt and rice wine, and let stand for a minute. In a medium-sized bowl, beat the egg whites until frothy, then beat in the flour and cornstarch until well mixed. Roll the shrimp in the mixture, leaving the tails uncovered.

Heat the oil in a wok over a medium flame. When the oil is warm (before it reaches the maximum heat), carefully slide the shrimp into the wok, using chopsticks to prevent them from sticking. When the shrimp puff up and turn a pale golden color, about 30 seconds, scoop out and drain.

Serve on a platter garnished with the cucumber and red and green peppers. Serves 8.

**Chen Wenji**  
**Hangzhou, P.R. China**

**Ecuador**  
**EDEN SHRIMP**

1 lb. shrimp, shelled and deveined  
2 cups dry white wine  
3 Tbsps. butter

Soak shrimp in wine for at least 30 minutes. Fry chopped parsley and garlic in butter. When garlic starts to turn brown, remove shrimp from wine (save wine) and add. Cook until it starts to turn pink. Add wine to shrimp mixture. When the wine comes to a boil, remove the shrimp and serve. Serves 5.

**Ana Maria Yepez**  
**Ibarra, Ecuador**

**The People's Republic of China**  
**CURRIED SHRIMP**

1 large carrot, diced  
½ cup frozen peas  
1 lb. fresh shrimp, cleaned and deveined, cut into eighths  
1 tsp. oil

Cook carrot in water until tender crisp, about 10 minutes; drain. Cook peas in boiling water about 1 minute; drain. Wash and clean shrimp (shelling, deveining, etc.) and cut into eighths. Pat dry. Mix with cornstarch. Deep fry in hot oil for about 2 minutes. Remove and drain.

Heat 2 Tbsps. oil in wok. Add curry, carrot pieces and peas. Stir fry 1 minute. Add shrimp and stir fry 1 more minute. Add sherry and stir fry another 15 seconds. Add peanuts, mix and stir fry another 10-15 seconds. Serve immediately. Serves 4-6.

**Sheng Yun Sheng**  
**Hangzhou, P.R. China**

1½ tsps. cornstarch  
oil for deep-frying  
1 Tbsp. curry powder  
1 Tbsp. sherry  
½ cup roasted peanuts (optional)

**Hong Kong**  
**PRINCESS SHRIMP**

1 pound fresh shrimp

**Marinade:**

2 tsps. rice wine or dry sherry

**Seasoning sauce:**

⅓ cup water  
½ tsp. salt  
1 Tbsp. soy sauce  
1 tsp. cornstarch  
1 tsp. rice wine or dry sherry  
½ tsp. sugar  
1 tsp. sesame oil

**Peggy Tang**  
**Hong Kong**

1 tsp. minced fresh ginger root  
½ tsp. salt

6 Tbsps. corn oil  
1 tsp. sliced garlic  
1 tsp. peppercorns  
4 dried hot red peppers, chopped in small pieces  
¼ cup sliced water chestnuts  
¼ cup sliced bamboo shoots

Shell and devein shrimp. Rinse and pat dry with a paper towel. Combine marinade ingredients in a medium bowl. Add shrimp; mix well. Let stand 15 minutes. Combine ingredients for seasoning sauce in a small bowl; mix well. Heat oil in a wok over medium heat 1 minute. Pat shrimp dry

with a paper towel. Stir-fry garlic, peppercorns and red peppers until peppers darken. Remove peppercorns. Add shrimp to mixture in wok and stir-fry about 3 minutes until shrimp are pink. Remove shrimp from wok with a slotted spoon and drain on paper towels. Add water chestnuts and bamboo shoots to mixture in wok. Stir-fry 2 minutes. Add seasoning sauce. Stir-fry until sauce thickens slightly. Add cooked shrimp. Stir-fry to mix well and heat through.

### *Spain*

#### **SHRIMP CROQUETTES**

3 Tbsps. butter  
5 Tbsps. olive oil  
 $\frac{3}{4}$  cup flour  
 $1\frac{1}{4}$  cups dry white wine  
 $\frac{1}{2}$  cup fish broth or clam juice  
salt  
freshly ground pepper  
dash of cayenne  
 $\frac{1}{2}$  cup finely chopped mushrooms

$\frac{1}{2}$  lb. shelled and uncooked shrimp, chopped  
1 Tbsp. minced parsley  
 $\frac{1}{4}$  tsp. thyme or tarragon  
flour for dusting  
2 eggs, beaten  
bread crumbs  
oil for frying

Start preparation several hours or one day in advance.

Heat the butter and the oil in a saucepan until the butter is melted. Add the flour and cook 3 minutes, stirring constantly. Gradually add the milk, wine, broth, salt, pepper and cayenne. Cook over a medium flame until the sauce is thickened and smooth. Add the mushrooms, shrimp, parsley and thyme and continue cooking and stirring ten minutes more, until the sauce reaches the boiling point. Cool. Refrigerate until cold and easy to handle (several hours or overnight).

Take the dough by tablespoons and form into balls, using floured hands. Dip the balls in the eggs and then roll in bread crumbs. Fry in at least 1" of oil until golden. Drain.

The croquettes may be kept in a 200° F. oven for up to 30 minutes but are best when eaten immediately.

### *The People's Republic of China*

#### **STIR-FRIED SHRIMP AND VEGETABLES**

3 medium carrots  
8 ozs. fresh mushrooms  
1 lb. shrimp, shelled and deveined  
 $\frac{3}{4}$  cup broth  
1 Tbsp. cornstarch  
2 Tbsps. cooking oil  
 $\frac{1}{4}$  cup soy sauce  
1 clove garlic, minced

1 tsp. grated ginger root  
1 cup thinly sliced cauliflower  
1 cup fresh pea pods or 1 (16 oz.) pkg. frozen pea pods, thawed  
1 cup fresh bean sprouts or 1 (16 oz.) can bean sprouts, drained  
1 cup Chinese cabbage

#### **Chia Ning**

Thinly slice carrots and mushrooms. Halve shrimp lengthwise. Blend broth into cornstarch; stir in soy sauce and set aside.

Preheat wok or large skillet over high heat. Add oil. Stir fry garlic and ginger root for a minute. Add cauliflower and carrots; stir fry 3 minutes. Add Chinese cabbage, pea pods, mushrooms, and bean sprouts. Stir fry 2 to 3 minutes more, or until vegetables are tender crisp. Remove vegetables to bowl.

Add more oil if necessary and heat. Add shrimp and stir fry 7 to 8 minutes. Remove shrimp to bowl.

Stir broth mixture and put in wok. Cook and stir until thickened. Stir in vegetables; cover and cook 1 minute. Serve immediately. Makes 4 servings.

#### *The People's Republic of China*

#### **SHRIMP AND BAMBOO SHOOTS**

**He Huang**

**Shanghai, P.R. China**

1 lb. shrimp	2 tsps. oil
1 lb. bamboo shoots	1 medium onion
½ cup mushrooms	½ cup cooked peas
½ cup water chestnuts	salt and pepper

Boil and thinly slice the bamboo shoots. After draining well, place the shrimp and the sliced bamboo shoots, minced onion, water chestnuts (diced) and mushrooms in a pan in which the oil has been heated and fry for about five minutes, stirring constantly. Add salt and pepper to taste and ½ cup boiling water. Cover and cook for a few minutes longer. Just before serving add the cooked peas. Serves 4-6.

#### *France*

#### **FISH WITH TARRAGON BUTTER**

**Philippe Laffitte**

**France**

4 fish fillets	salt and pepper to taste
<b>Tarragon butter:</b>	½ tsp. dried tarragon
¼ cup butter	1 tsp. lemon juice

Salt and pepper the fillets. Place on greased broiler pan and spread with tarragon butter. Broil 4" from heat until fish flakes easily with fork (about 5 minutes per half-inch thickness of fish). Pass extra butter when the fish is served. Serves 4.

To prepare tarragon butter: Cream butter until fluffy. Blend in tarragon and lemon juice. Let stand an hour at room temperature before using.

#### *Russia*

#### **FLAKY SALMON LOAF**

**Strawtown Inn**

<b>Pastry:</b>	6 Tbsps. chilled vegetable shortening
4 cups all-purpose flour	
½ lb. chilled, unsalted butter, cut into bits	1 tsp. salt 10 to 12 Tbsps. ice water

In a large, chilled bowl, combine the flour, butter, shortening and salt. Working quickly, use your fingertips to rub the flour and fat together until they blend and resemble flakes of coarse meal. Pour 10 Tbsps. of the

water over the mixture all at once, toss together lightly and gather into a ball. If the dough seems crumbly, add up to 2 Tbsps. more ice water by drops. Divide the dough in half, dust each half with flour, and wrap them separately in wax paper. Refrigerate 3 hours, or until firm.

### Salmon Filling:

2 cups dry white wine	3 Tbsps. fresh, strained lemon juice
1 cup coarsely chopped onions	freshly ground black pepper
$\frac{1}{2}$ cup coarsely chopped celery	3 cups finely chopped onions
1 cup scraped, coarsely chopped carrots	$\frac{1}{2}$ cup unconverted, long-grain white rice
10 whole black peppercorns	1 cup chicken stock, fresh or canned
4 $\frac{1}{2}$ tsps. salt	$\frac{1}{3}$ cup finely cut fresh dill leaves
2 $\frac{1}{2}$ lbs. fresh salmon in one piece	3 hard-cooked eggs, finely chopped
8 Tbsps. unsalted butter ( $\frac{1}{4}$ lb.)	
$\frac{1}{2}$ lb. fresh mushrooms, thinly sliced	

Combine 3 quarts of water, the wine, the coarsely chopped onion, celery, carrots, peppercorns and 3 tsps. of the salt in a 4- to 6-quart enameled or stainless-steel casserole. Bring to a boil over high heat, then lower the salmon into the liquid and reduce the heat to low. Simmer 8 to 10 minutes, or until the fish is firm to the touch. Transfer the fish to a large bowl, remove the skin and bones, if any, and separate into small flakes with your fingers or a fork.

Melt 2 Tbsps. of the butter in a heavy 10- to 12-inch skillet set over high heat. Add the mushrooms, reduce the heat to moderate, and, stirring occasionally, cook for 3 to 5 minutes, or until the mushrooms are soft. With a slotted spoon, transfer the mushrooms to a small bowl and toss them with lemon juice,  $\frac{1}{2}$  tsp. of salt and a few grindings of pepper.

Melt 4 more tablespoons of butter in the skillet over high heat and drop in all but 1 Tbsp. of the finely chopped onions. Reduce the heat to moderate and, stirring occasionally, cook 3 to 5 minutes, or until the onions are soft but not brown. Stir in the remaining 1 tsp. of salt and  $\frac{1}{4}$  tsp. of pepper and with a rubber spatula, scrape into the mushrooms.

Now melt the remaining 2 Tbsps. of butter in the skillet over high heat. Drop in the remaining tablespoon of chopped onion, reduce the heat to moderate and stirring frequently, cook for 2 to 3 minutes, or until soft but not brown. Stir in the rice and cook 2 or 3 minutes, stirring almost constantly, until each grain is coated with butter. Pour in the chicken stock, bring to a boil, and cover the pan tightly. Reduce the heat to low and simmer for 12 minutes, or until the water is completely absorbed and the rice is tender and fluffy. Off the heat, stir in the dill with a fork. Add the cooked mushrooms and onions, rice and chopped, hard-cooked eggs to the bowl of salmon and toss together lightly but thoroughly. Taste for seasoning.

**Egg Mixture:**

2 Tbsps. butter, softened	1 Tbsp. butter, melted
1 egg yolk, mixed with 1 Tbsp. cream	1 cup melted butter, hot but not brown, or sour cream

TO ASSEMBLE: Preheat the oven to 400°. Place one ball of dough on a floured surface and roll it into a rough rectangle about 1" thick. Dust with flour and roll until the dough is about  $\frac{1}{8}$ " thick, then trim it to a rectangle 7" wide by 16" long.

Coat a large cookie sheet with 2 Tbsps. butter, drape the pastry over the rolling pin and unroll it over the cookie sheet. Place the filling along the length of the pastry, leaving a 1" border of dough exposed around it. With a pastry brush, brush the exposed rim of dough with the egg-yolk-and-cream mixture. Roll the other half of the dough into a rectangle about 9" wide and 18" long, drape over the pin and unroll over the filling. Seal the edges by pressing down hard with the back of a fork. Or use your fingertips or a pastry crimper to pinch the edges into narrow pleats. Cut out a 1" circle from the center of the dough. If you like you may gather any remaining pastry scraps into a ball, roll them out again, and with a cookie cutter or small, sharp knife, cut out decorative shapes such as leaves or triangles and decorate the top of the loaf. Coat the entire surface of the pastry with the remaining egg-yolk-and-cream mixture, place any pastry shapes on top, and refrigerate for 20 minutes. Pour 1 Tbsp. of melted butter into the opening of the loaf and bake it in the center of the oven for 1 hour, or until golden brown. Serve at once, accompanied by a pitcher of melted butter or sour cream.

**France****POULET JACOTTE**

3 lb. fryer (or skinned, boned  
chicken breasts)  
15 cloves of garlic (yes, 15)  
 $\frac{1}{4}$  cup butter  
2 Tbsps. vegetable oil  
1 cup dry white wine  
 $\frac{1}{4}$  cup water

**Art & Diane Alt**  
 $\frac{1}{4}$  cup milk  
1 Tbsp. salt  
few twists of ground pepper  
 $\frac{1}{2}$  tsp. cayenne  
3 egg yolks  
1 cup heavy cream

Finely chop garlic. Melt butter in Dutch oven with oil on medium heat. Add chicken, brown well, turning occasionally. Remove to bowl. Add garlic to pan; saute until golden brown. Return chicken to pan; add water, milk and wine; cover and cook on low heat until tender, about 45 minutes (less if using boneless chicken). Remove chicken to warm serving plate. Cover with foil; keep warm. Beat yolks into heavy cream until well mixed. Stir into pan drippings. Cook until thickened. Do not boil. Strain sauce. Spoon some on chicken. Serve rest separately. Serve with rice.

**Hungary**  
**CHICKEN PAPRIKAS**

7 Tbsps. shortening  
½ to ¾ cup chopped onion  
2½ tsps. paprika (Hungarian)  
1 chicken cut up or preferred  
parts of chicken  
salt

Fry onion in shortening only until slightly brown or pale yellow. Add paprika and stir rapidly. Add chicken and salt, browning the chicken while stirring it. Add a small amount of water or stock, green pepper and tomato. Cover and simmer until chicken is done and green pepper is tender. Mix sour cream and flour together and thicken the gravy with this mixture. Serve with dumplings, rice or boiled potatoes. Can be served with a green salad. (If chicken is skinned, more water or stock will be needed to make the gravy.)

**Madeline Vanderzyl**  
**Panni Beke Griswold**  
**New York, New York**

1 cup green pepper (thickly sliced)  
1 medium fresh tomato, cubed  
1¼ cups sour cream (can use  
light sour cream)  
¼ cup flour

**Mozambique**  
**CHICKEN WITH CASHEW NUTS**

10 chicken breasts, cut in half  
cooking oil  
1½ cups finely chopped onions  
1 cup coconut milk (made from  
½ cup chopped unsweetened  
coconut and ½ cup boiling  
water; strain and use as milk)

Brown chicken in hot oil, a few pieces at a time, until well browned. Cook onions in same pan, scraping off all browned pieces. When onions are golden, add coconut milk, chicken stock and cloves. Bring to a boil, then simmer for 10 minutes. Put in chicken and stir all pieces to coat well with sauce. Cover partially and cook for 30 minutes. Remove chicken and keep warm. Strain juice through sieve (press out all onions) and put in pan. Bring to simmer, add lime juice, cashews, salt and pepper. Add chicken and stir well to coat. When hot, serve with rice. Yield: 10 servings.

**Strawtown Inn**

1 cup chicken stock  
6 whole cloves  
1 cup coarsely chopped roasted  
cashews  
2 Tbsps. strained fresh lime juice  
salt and pepper to taste

**Japan**  
**CHICKEN TERIYAKI**

1½ lbs. (685 g) boned chicken  
thighs or breasts  
3 Tbsps. oil  
1 Tbsp. sugar  
1 Tbsp. mirin (sweet Japanese  
cooking wine - sherry will do)

**Jeneva Breed Shindo**  
**Oiso, Japan**

**Marinade:**  
3 Tbsps. soy sauce  
1 Tbsp. sake  
1 Tbsp. mirin (sherry)  
1 tsp. fresh ginger juice

Score chicken in several places so it will lie flat. Pierce both sides of chicken with a fork for better flavor absorption. Mix marinade ingredients, add chicken, and set aside for 30 minutes, turning occasionally.

Drain chicken, reserving marinade. Heat oil in skillet until hot. Add chicken, skin side down, and cook over medium heat until skin is crisp and brown. Turn, cover, and reduce to low heat for about 10 minutes. Test chicken by piercing with a fork. When meat is tender and juices are clear, remove meat from pan.

To a clean skillet, add sugar, mirin and reserved marinade. Bring quickly to a boil. Add chicken to skillet, flesh side down for 1 minute and then turn. Wait 30 seconds and turn again. Remove from pan.

Cut into  $\frac{3}{4}$ " wide slices and arrange on a serving platter. Pour remaining juice over chicken and serve. Serves 4.

### *Japan*

#### **DEEP-FRIED CHICKEN NUGGETS**

$\frac{3}{4}$  lb. chicken breast with or without skin  
2 Tbsps. egg whites  
2 Tbsps. cornstarch  
3 cups vegetable oil for deep-frying  
1 large bell pepper

Cut chicken into bite-sized pieces. Combine marinade ingredients and then add chicken. Mix well by hand and let stand for 30 minutes.

Add egg white and mix well by hand. Add cornstarch and mix again.

Heat oil in a wok or heavy skillet to medium deep-frying temperature (about 340°F/170°C). Deep-fry a few pieces of chicken at a time. Do not allow chicken to clump together. Turn occasionally. When nuggets rise to the surface, they are done (4-5 minutes). Remove and drain on absorbent paper.

After nuggets have cooled, reheat oil and refry for 2 or 3 minutes. Remove and drain again on absorbent paper.

Cut bell pepper into 8 pieces. Deep-fry for 1 or 2 minutes until surface of pepper begins to shrivel.

Arrange chicken and bell peppers on platter and serve.

**Motomi Takahashi**

**Japan**

#### **Marinade:**

1½ Tbsps. soy sauce  
1 Tbsp. sate, mirin or sherry  
1 tsp. ginger juice  
1 tsp. oil

### *The People's Republic of China*

#### **FRIED CHICKEN SHISH KABOB**

2 boned chicken breasts  
3 eggs  
3 Tbsps. rice wine  
1 tsp. ground white pepper  
1 cup flour  
4 Tbsps. sesame seeds  
2 Tbsps. chopped scallion  
2 tsps. tomato paste

**Chen Wen-ji**  
**Hangzhou, P.R. China**

1 tsp. salt  
1 tsp. minced, peeled fresh ginger  
3 cups vegetable oil  
1 cucumber, peeled and decoratively sliced, for garnish  
2 to 3 red peppers, decoratively cut, for garnish

Cut the chicken breasts diagonally into 1x $\frac{3}{4}$ x1" cubes and soak them in salted water for a few minutes.

In a medium-size bowl, combine the eggs, rice wine, white pepper, flour, sesame seed, scallion, tomato paste, salt and ginger and mix thoroughly. Coat the chicken cubes with this mixture, then stick them onto the skewers, leaving a small space between each piece of meat.

Heat the oil in a wok over a gentle flame until it reaches a moderate temperature. Slide the kabobs into the oil and fry until the chicken meat turns a golden yellow, about 3 to 4 minutes. Remove the kabobs from the oil and drain. Place on a platter, garnish with the cucumber and red peppers, and serve.

### *China*

#### HANGZHOU STYLE CHICKEN AND VEGETABLES

Julia Moen

1 lb. boneless chicken	1 cup sliced mushrooms
$\frac{1}{4}$ cup vegetable oil	$\frac{1}{4}$ tsp. salt
1 tsp. finely chopped ginger root	$\frac{1}{4}$ tsp. pepper
2 Tbsps. soy sauce	1 Tbsp. cornstarch
1 tsp. oriental 5 spice	$\frac{1}{4}$ cup water
1 tsp. sugar	$\frac{1}{4}$ cup chicken broth
1 cup cauliflower pieces	$\frac{1}{4}$ cup chopped green onion
	3 cups cooked rice

Cut chicken into  $\frac{1}{2}$ " by 2" strips. Stir fry chicken in 2 Tbsps. hot oil in wok over medium high heat. Add ginger root, soy sauce, 5 spice and sugar. Stir and reduce heat. Cover and steam for 5 minutes. Remove chicken. Stir fry cauliflower and mushrooms in 2 Tbsps. hot oil in wok over medium high heat for 1 minute. Add salt, pepper, cornstarch in water, and chicken broth. Cook until thickened. Add chicken and heat over medium high heat. Garnish with green onion. Serve over cooked rice.

### *Korea*

#### STEAMED CHICKEN AND VEGETABLES

Doug-in Kim  
Flushing, New York

1 (4 lb.) chicken, cut into 8 or 10 serving pieces	1 tsp. ground ginger
2 carrots, cut into thin strips	$\frac{1}{3}$ cup chopped walnuts
3 dried mushrooms, soaked in cold water for 30 minutes, drained and thinly sliced	$\frac{1}{4}$ cup soy sauce
1 bamboo shoot, sliced	2 Tbsps. soft brown sugar
2 scallions, thinly sliced	1 Tbsp. roasted sesame seeds, ground
2 garlic cloves, crushed	salt and pepper
	garnish: 2 eggs, separated

Put the chicken pieces into a saucepan and cover with water. Bring to a boil, cover, and simmer for 1 to 1½ hours, or until the chicken is tender. Drain and reserve the stock. When the meat is cool enough to handle, cut the chicken into bite-sized strips.

Put all the remaining ingredients except the garnish into a large saucepan and bring to a boil. Stir in the chicken strips and reserved stock, cover and simmer for 15 to 20 minutes or until the vegetables are cooked but still crisp.

Meanwhile, make the garnish. Beat the egg yolks and whites separately until they are both well mixed. Lightly oil a heavy-bottomed frying pan and heat it over moderate heat. Pour in the egg white and spread over the bottom in a thin layer. Cook until the bottom is firm, then turn over and cook until the other side is firm.

Slide on to warmed dish and cook the egg yolks in the same way. Cut the cooked eggs into strips. Transfer the chicken and vegetables to a warmed serving bowl and scatter over the egg strips before serving. Serves 6.

### *Mexico*

#### **CHICKEN CHILI CASSEROLE**

- 12 corn tortillas  
2 cups cooked chicken  
1 cup shredded Jack cheese

Place in layers the chicken, cheese, tortillas (broken into pieces). Repeat until all used. Combine chiles, onion and soup. Pour over layered dish. Bake covered at 350° for 30 minutes.

**Joan Schafer**

- 1 small can diced chiles  
1 small diced onion  
2 cans cream of chicken soup

### *Mexico*

#### **TURKEY IN CHOCOLATE AND CHILI SAUCE (Turkey Mole)**

- 8 to 9 lb. turkey, disjointed and cut into 8 serving pieces  
1 tsp. salt  
15 dried chiles  
2 cups boiling chicken stock, fresh or canned  
 $\frac{3}{4}$  cup blanched almonds  
1 cup coarsely chopped onion  
3 medium tomatoes, peeled, seeded and coarsely chopped, or 1 cup drained, canned Italian plum tomatoes  
 $\frac{1}{2}$  cup lightly packed seedless raisins

**Elda Pacheco  
Merida, Yucatan, Mexico**

- 2 Tbsps. sesame seeds  
1 tortilla, broken into small pieces  
1 tsp. finely chopped garlic  
 $\frac{1}{2}$  tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. ground cloves  
 $\frac{1}{2}$  tsp. ground coriander seeds  
 $\frac{1}{2}$  tsp. anise seeds  
1 tsp. salt  
 $\frac{1}{4}$  tsp. freshly ground black pepper  
6 Tbsps. oil  
2 cups cold chicken stock, fresh or canned  
 $1\frac{1}{2}$  squares unsweetened chocolate  
2 Tbsps. sesame seed

Place the turkey in a 4- to 5-quart heavy flame proof casserole. Add the salt and enough cold water to cover the turkey completely. Bring to a boil over high heat. Then reduce the heat to low, cover the casserole and simmer for 1 hour; the turkey will be almost cooked through. Set the casserole aside off the heat.

Meanwhile, prepare the MOLE sauce in the following fashion: Under cold running water, pull the stems off the chiles, break or cut the chiles in half, and brush out their seeds. Cut away and discard any thick ribs and tear the chiles into small pieces. In a large bowl, pour 2 cups of boiling chicken stock over the chiles and soak them for about 30 minutes.

Blend the almonds in the jar of an electric blender until they are completely pulverized. Force the nuts through a sieve and return them to the blender with the chiles, their soaking liquid, the onions, tomatoes, raisins, 2 Tbsps. of sesame seeds, tortilla, garlic, cinnamon, cloves, coriander, anise seeds, salt and pepper, and blend at high speed until the mixture is reduced to a smooth puree.

In a heavy 10" skillet, melt 2 Tbsps. of the oil over moderate heat. Pour in the MOLE and chocolate. Cook, uncovered, over low heat, stirring frequently, until the chocolate has melted. Cover the skillet and set aside off the heat.

Remove the turkey from the casserole and lay the pieces on a double thickness of paper towels to drain. Then pat them thoroughly dry with extra towels. In a heavy 12" skillet, melt the remaining 4 Tbsps. of oil over moderate heat until a light haze forms above it. Add the pieces of turkey and brown them well on all sides, turning them frequently in the hot oil. Drain off the fat from the skillet, and then pour the MOLE sauce over the turkey, turning the pieces about in the sauce to coat them evenly. Cover the skillet and simmer over low heat for about 30 minutes, basting the turkey now and then with the sauce.

To serve, arrange the pieces of turkey on a heated platter and pour the sauce over them. Sprinkle the top with 2 Tbsps. of sesame seeds. Serves 8.

NOTE: Chicken and pork are often prepared and served in the same sauce.

### *Mexico*

#### **CREAMY CHEESE ENCHILADAS**

6 to 8 flour tortillas  
3 cups shredded Jack cheese  
4 Tbsps. chopped green onion  
 $\frac{1}{4}$  cup butter

**Mary Jane Banfield**  
 $\frac{1}{4}$  cup flour  
2 cups chicken broth  
1 cup sour cream  
1 (4 oz.) can chopped green chiles

Fill each tortilla with  $\frac{1}{2}$  cup cheese and 1 Tbsp. green onion (approximate amounts). Roll and place in baking dish. Melt butter in saucepan over medium heat. Add flour and stir to blend. Add chicken broth; cook and stir until sauce is thickened. Remove from heat. Pour sauce over tortillas; bake at 350° for 20 minutes.

***Mexico*****CHICKEN ENCHILADAS**

- 1 (16 oz.) can tomatoes  
 1 (4 oz.) can green chili peppers,  
     rinsed and seeded  
 ½ tsp. coriander seed  
 ½ tsp. salt  
 1 cup dairy sour cream  
 2 cups finely chopped, cooked  
     chicken or turkey

Place undrained tomatoes, chili peppers, coriander seed, and ½ tsp. salt in blender container. Cover; blend until mixture is smooth. Add sour cream; cover and blend just until combined. Set aside.

Combine chicken or turkey, cream cheese, onion and ¾ tsp. salt. In skillet heat cooking oil. Dip tortillas, one at a time, into hot oil for 10 seconds or just until limp. Drain on paper toweling. Spoon chicken mixture on tortillas; roll up. Place seam side down in 13x9" baking dish. Pour tomato mixture on top. Cover with foil; bake in 350° oven about 30 minutes or until heated through. Remove foil; sprinkle with shredded cheese. Return to oven until cheese melts.

**CHICKEN TOSTADAS (U.S. Style)**

- 2 cans cream of chicken soup  
     (can use mushroom or celery)  
 1 cup milk (or water)  
 2 Tbsps. flour  
 1 cup diced chicken  
 ½ cup green chiles (or 1 small  
     can of chiles)

In medium pan, combine soup with milk and add flour. Cook until it thickens. Add chicken, chiles, garlic, salt and seasoned pepper to taste.

Meanwhile lightly fry shells or wrap in foil and heat in oven. Warm 4 plates in oven. Combine 1 cup cheese, onion and sour cream. Place a spoonful of sauce mixture on each plate. Top each with a tortilla. Layer with sauce and sour cream mix — continue until each plate has 3 layers. Top with remaining cheese. Place in hot oven to melt the cheese. Top with chopped tomatoes and lettuce (black olives are optional).

***Mexico*****SWISS ENCHILADAS**

- 1 medium onion, chopped  
 2 Tbsps. oil  
 1 clove garlic  
 2 cups tomato puree  
 2 canned green chiles, chopped  
 2 cups cooked, chopped chicken

**Mary Glendening**

- 1 (3 oz.) pkg. cream cheese,  
     softened  
 ¼ cup finely chopped onion  
 ¾ tsp. salt  
 2 Tbsps. cooking oil  
 12 (6") tortillas  
 1 cup (4 ozs.) shredded Monterey  
     Jack cheese

**Chris Van Wyk**

- 1 mashed clove garlic  
 1½ cups grated cheddar or  
     Monterey Jack cheese  
 2 fresh tomatoes, chopped  
 1 chopped onion  
 2 cups sour cream  
 lettuce - shredded

**Alejandro Puerto  
Merida, Yucatan, Mexico**

- salt to taste  
 1 dozen tortillas  
 6 chicken bouillon cubes  
 3 cups half & half  
 ½ lb. Monterey Jack cheese

Saute onion until soft in 2 Tbsps. oil. Add crushed garlic clove, tomato puree, chopped green chiles and cooked, chopped chicken. Season with salt and simmer 10 minutes. Fry 12 tortillas in about 1" hot oil. (Don't let them get crisp; this is only to strengthen them.) Dissolve 6 chicken bouillon cubes in half and half. Dip each tortilla in this liquid, cover generously with chicken filling, and roll up. Arrange in dish and pour on remaining cream mixture. Top with  $\frac{1}{2}$  lb. grated Monterey Jack cheese. Bake at 350° for 30 minutes. Serves 4.

### *Spain*

#### **CHICKEN AND RICE (from Northern Spain)      Steven J. Ybarrola**

2 (15 oz.) cans of chicken broth	1 large green pepper, chopped
1 to 2 cans of water	1 large onion, chopped
$\frac{1}{4}$ tsp. saffron (optional)	$\frac{1}{2}$ cup sliced fresh mushrooms or
whole cut-up chicken	1 (8 oz.) can of sliced
4 Tbsps. olive or cooking oil	mushrooms, drained
$\frac{1}{2}$ Tbsp. paprika	2 (16 oz.) cans whole tomatoes
2 to 3 cloves of garlic, minced	3 cups white rice, uncooked
$\frac{1}{2}$ tsp. oregano	$\frac{1}{2}$ tsp. salt and pepper

Bring chicken broth to a boil, sprinkle with saffron and stir gently. Set aside.

Meanwhile, coat chicken pieces with a mixture of 1 Tbsp. oil and paprika. Heat remaining oil in a large skillet with a lid. Saute chicken pieces until golden. Set aside.

Saute onion, green pepper, garlic and mushrooms in the skillet until onion is almost soft. Stir in tomato. Add rice and toss until coated.

Add chicken broth, chicken pieces, and salt and pepper. Bring to a boil, lower heat, cover and simmer until chicken is tender and rice has absorbed liquid (20-30 minutes).

Note: Peas may also be added. Red peppers may be used in combination with the green peppers.

This makes an enormous amount. It is great for company and lots of leftovers.

### *Spain*

#### **PAELLA**

**George Ann Huck**

1 (3 to 4 lb.) frying chicken, cut into serving pieces	$\frac{1}{2}$ tsp. saffron
$\frac{1}{2}$ cup olive oil	$\frac{1}{2}$ tsp. oregano
2 large onions, chopped	1½ tsps. salt
3 garlic cloves, minced	$\frac{1}{2}$ tsp. pepper
2 sweet red peppers, cut julienne	12 raw shrimp
3 fresh tomatoes, peeled and chopped	$\frac{1}{2}$ lb. sliced chorizo sausage
3 cups long grained rice	1 cup cooked ham cubes
7 cups chicken broth	1 cup frozen peas
	3 (5 oz.) cans small clams, drained
	$\frac{1}{2}$ cup chopped pimiento

In large heavy skillet, brown chicken in hot oil and fry until cooked, about 45 minutes. Remove from skillet. Saute shrimp and sausage for 3 to 5 minutes. Remove from pan. Saute onion, garlic and red peppers until tender. Add diced tomatoes and cook several minutes longer. Put vegetable mixture into a large pot, along with rice, 6 cups of broth and seasonings. Cover and cook at low heat until rice is tender. Mix in ham cubes, peas, clams, and pimiento. Add 1 cup chicken broth and mix in. Place chicken and shrimp on top, cover, and simmer 10 minutes more. Remove from heat and serve directly from pan. Yield: 12 servings.

### *Japan*

#### **BEEF AND RICE BOWL**

7 to 8 cups hot cooked rice  
1 lb. thin-sliced beef  
5 long onions or 1 medium onion  
3 Tbsps. salad oil

**Ayumi Kubota**  
**Hamamatsu, Japan**

**Sauce:**  
1 cup water  
½ cup dark soy sauce  
½ cup mirin  
2 Tbsps. fresh ginger juice

Boil plain white rice. Have the butcher cut the beef into paper-thin slices. Cut slices into 2" lengths. Cut long onions diagonally in 1" lengths or slice round onion.

In a large frying pan (or wok), heat about 3 Tbsps. vegetable oil over high heat. Stir-fry the onion for a few minutes until soft. Add beef slices and continue stir-frying for another minute or so until meat is no longer red. Add sauce and continue stir-frying for another minute. Remove from heat and stir in ginger juice.

Put portions of hot rice, 1½ to 2 cups per serving, into individual large, deep soup bowls. Cover rice with stir-fried beef and onions. Moisten with a few tablespoons sauce. Cover and serve immediately. Serves 4.

### *Sweden*

#### **SWEDISH RICE DINNER**

2 to 3 lbs. lightly seasoned  
sausage  
2 cans green beans and juice  
1 can peas and juice

**Lorraine Synhorst**  
**Mary DuPree**

1 can diced carrots and juice  
1 can whole, peeled tomatoes  
4 cups tomato juice  
1 onion, chopped

Empty all vegetables and juices in a soup pot. Make balls with the sausage and brown them in a skillet. As they brown put them in the soup pot. Saute the onion in the same skillet and add to the pot. Simmer all for 2 to 3 hours. Serve over rice.

(As with making soup, the amounts used are not all that important.)

## *Ecuador*

### RICE PLATTER SALAD

½ lb. long grain rice  
 1 lb. green beans  
 ½ lb. cooked meat (chicken, pork, lamb or beef)  
 3 or 4 stalks celery  
 1 large eating apple  
 watercress

### Dressing:

1 Tbsp. olive or salad oil  
 3 Tbsps. lemon juice  
 pinch of salt  
 pinch of sugar  
 pinch of pepper  
 pinch of paprika  
 pinch of dry mustard

Cook rice until just tender. Drain and pour water through to separate grains. Cool. Slice beans and cook until tender; drain and cool. Trim fat from cold meat and cut meat into small pieces. Cut celery into short strips. Blend dressing ingredients. Mix rice, beans, meat and celery with prepared dressing and arrange on serving platter. Slice washed apple and remove core. Serve rice salad garnished with apple slices and watercress. Serves 4.

## *Japan*

### RICE WITH CHICKEN AND EGG

½ lb. chicken  
 4 dried mushrooms  
 3 thin green onions  
 4 eggs  
 1 sheet NORI (seaweed)

**Mayumi Itoh**  
**Kawasaki, Japan**

### Sauce:

4 Tbsps. sake or sherry  
 ¼ cup plus 1 Tbsp. soy sauce  
 3 Tbsps. mirin or other sweet white wine  
 1 cup water

Cut chicken in ½" cubes. Soak dried mushrooms in water to soften. Wash and cut in strips. Cut green onion on the bias. Divide all these into fourths.

Heat sauce ingredients in pan until almost boiling. Remove from heat.

Put chicken pieces, mushrooms and green onion for 1 serving in a small pan. Add ¼ of the sauce; cook at moderate heat. When it begins to bubble, add one beaten egg. Cover and simmer a few minutes.

Put cooked rice in bowl and place ingredients on cooked rice. Serve with shredded NORI (seaweed). Serves 4.

\*Note: To avoid scorching, stir mixture frequently after egg has been added.

## *Laos*

### BEEF FRIED RICE

½ lb. ground beef  
 ¼ cup onion  
 ½ cup carrot and ½ cup broccoli  
 ½ cucumber, sliced

**Chris Her**  
**Milwaukee, Wisconsin**

4 cups cooked rice  
 1 Tbsp. salt  
 1 tsp. black pepper  
 1 Tbsp. soy sauce

Prepare rice as on the package. Cook ground beef and onion in a deep pan for 10 minutes, or until done; then add ½ cup broccoli, sliced, into the deep pan. Cover and cook for 3 minutes. Then add carrots and cucumber. Add 4 cups cooked rice, salt, black pepper and soy sauce. Mix in deep pan and cook for about 7 minutes, or until it is done. (You may add any other ingredient that you desire.) Serves 4 or 5.

**Ghana****JOLLOF RICE (Rice with Chicken and Beef)**

2 to 2½ lb. chicken, cut into  
8 serving pieces  
1 lb. lean boneless beef, preferably  
chuck, trimmed of excess fat  
and cut into ½" cubes  
2 tsps. salt  
freshly ground black pepper  
6 Tbsps. peanut or vegetable oil  
1 cup finely chopped onions  
¼ cup tomato paste

3 medium-sized firm, ripe tomatoes,  
peeled, seeded and finely  
chopped, or substitute 1 cup  
chopped, drained, canned tomatoes  
1 Tbsp. finely chopped garlic

Pat the pieces of chicken and beef dry with paper towels and sprinkle them on all sides with the salt and a few grindings of pepper. In a heavy 3 to 4 quart casserole, heat 3 Tbsps. of the oil over moderate heat until a light haze forms above it. Brown the chicken in the hot oil, a few pieces at a time, starting them skin side down and turning them from time to time with tongs. As they brown, transfer the pieces to a plate.

Add 3 more Tbsps. of oil to the casserole and brown the beef in 2 or 3 batches, turning the pieces frequently and regulating the heat so that they color evenly without burning. Add the beef to the chicken and set aside.

Pour off all but a thin film of fat from the casserole and drop in the onions. Stirring and scraping in the browned particles that cling to the bottom and sides of the pan, cook for about 5 minutes, or until the onions are soft and lightly colored. Watch carefully for any sign of burning and regulate the heat accordingly. Add the tomato paste, tomatoes, garlic and ginger. Raise the heat to high and, still stirring, cook for 5 minutes, or until most of the liquid in the pan has evaporated and the mixture is thick enough to hold its shape almost solidly in a spoon.

Stir in the stock and water and return the beef to the casserole. Add the chicken and the liquid that has accumulated around it, baste it with the sauce, and simmer for 10 minutes longer. Then gently stir in the rice. Return the mixture to a simmer, cover partially, and cook for 20 to 30 minutes, or until the beef is tender and almost all of the liquid in the pan has been absorbed by the rice. Remove the casserole from the heat, cover tightly, and let the rice rest for 15 minutes before serving. Serves 6.

**Samuel Boadu****Ghana****Mexico****DILL SAUCE (SALSO)**

8 ozs. cream cheese, cubed  
½ cup milk  
½ tsp. dill weed

**Beatriz Alcocer de Castillo**  
**Merida, Yucatan, Mexico**

¼ tsp. lemon juice  
¼ tsp. salt  
dash of ground red pepper

Heat cream cheese and milk over low heat; stir until smooth. Stir in remaining ingredients. Serve over omelets or hot cooked vegetables.

## *The People's Republic of China*

### **SHRIMP FRIED RICE**

½ lb. fresh shrimp, shelled and  
   deveined  
 1 tsp. cornstarch  
 5 Tbsps. oil  
 3 beaten eggs

**Maxine F. Huffman**

4 cups cold, cooked rice  
 2 Tbsps. light soy sauce  
 2 green onions, chopped fine  
 1 slice ginger, chopped fine

Cut shrimp into small pieces. Mix with cornstarch. Heat 1 Tbsp. oil in wok. Stir fry shrimp about 1 minute. Remove from wok. Heat 2 Tbsps. oil in wok. Pour in beaten eggs. Scramble until cooked, remove.

Heat 2 Tbsps. oil in wok. Add rice and soy sauce. Stir fry until thoroughly heated. Add scrambled eggs, ginger, shrimp and green onions. Stir fry about a minute. Serves 4-6.

Variation: 1 cup cooked, leftover ham cut into julienne strips, or roast pork chopped fine, may be used instead of shrimp.

### **Kenya**

#### **KENYA CURRY**

2 large onions, chopped  
 5 to 6 tomatoes, quartered  
 1 bunch cilantro (or substitute  
   ½ parsley, ½ chives) cut fine  
 1 tsp. salt  
 1 tsp. tumeric

**Gretchen Bearce**

1 tsp. chili powder  
 ½ tsp. cayenne pepper (optional)  
 1½ tsps. gara masala  
 meat: stew beef, hamburger,  
   chicken pieces (your choice)

Melt butter in heavy kettle and cook onions, tomatoes, cilantro slowly until mushy. Add remaining ingredients. Cook slowly on top of stove, or in oven at 300° for 2 hours, stirring occasionally. Serve over rice. A broad choice of condiments should be offered. All of the following are good: chutney, peanuts, chopped green pepper, chopped hard-boiled egg, chopped apple, chopped banana, raisins, coconut (fresh and toasted), chopped tomato, chopped green pepper, chopped papaya.

### **Garam Masala**

1 Tbsp. ground cumin  
 1 Tbsp. ground coriander  
 2 tsps. black pepper

2 tsps. ground cardamon  
 1 tsp. cinnamon  
 1 tsp. cloves

Combine all ingredients. Makes ¼ cup.

## *Thailand*

### **PINEAPPLE FRIED RICE**

3 cups cooked rice	2 Tbsps. diced onion
½ cup diced pineapple	1 tsp. Maggie sauce
½ cup pork (diced)	1 cup vegetable oil
2 Tbsps. dried shrimp	1 red pepper, sliced
½ cup diced bread	1 sprig coriander

Dice the pork meat into approximately  $\frac{3}{4}$ " cubes. Dice the pineapple, onion and bread smaller than the pork.

Heat the oil in a frying pan. Brown the diced bread until golden brown. Set aside. Using the leftover oil, fry the dried shrimp until light brown. Set aside. In the same pan use the remaining oil to fry pork with onion. Stir fry for 3 minutes, add Maggie sauce, turning over 3-4 times. Add the rice, continue turning for 3 minutes; add pineapple. Stir fry for 2 minutes more. Adjust seasoning. Spoon onto serving plate. Garnish with fried shrimp, fried bread, red pepper, and top with coriander sprig. Serve hot.

## *Greece*

### **STEAMED GRAPE LEAVES WITH RICE & MEAT STUFFING**

½ cup cooked rice	2 tsps. fresh mint, or 1 tsp. dried mint
6 Tbsps. olive oil	3 Tbsps. fresh lemon juice
½ cup finely chopped onion	½ tsp. turmeric
½ lb. ground lamb	½ tsp. oregano
½ cup finely chopped scallions	1 tsp. salt
½ cup finely chopped parsley	grape leaves (sold in bottles)
¼ cup fresh dill or 2 Tbsps. dried dill weed	2 Tbsps. water

Over high heat, heat 4 Tbsps. olive oil in skillet. Add the onions, stir, cook for 8 to 10 minutes until soft and golden. Stir in the ground meat, mashing it with a fork to break up any lumps; cook until pink disappears. Tip the pan and drain off excess fat. Reduce heat, add rice, scallions, parsley, dill, mint, lemon juice, turmeric, oregano and salt, and stirring constantly, cook for 3 or 4 minutes. Set aside off the heat.

Layer bottom of a heavy casserole with 10 grape leaves. Stuff leaves (or cabbage). Arrange side by side with seam sides down in layers. Sprinkle them with the remaining 2 Tbsps. oil and 2 Tbsps. cold water and bring to a boil over high heat. Then reduce heat to low and simmer tightly covered for 50 minutes. Serve with egg/lemon sauce.

#### **Egg/Lemon Sauce:**

2 to 3 cups chicken broth	2 egg yolks
2 eggs	$\frac{1}{3}$ cup lemon juice 1 Tbsp. cornstarch

In a small saucepan, boil broth. Combine eggs, yolks, lemon juice and cornstarch in a blender. With machine running, slowly add hot broth. Return contents of blender to saucepan. Stir over low heat until thickened. Pour sauce over rolls.

**Evelyn Bandstra**

*Mexico***WHITE SPAGHETTI**

2 pkgs. noodles  
 2 cans cream of asparagus soup  
 1 can evaporated milk  
 2 Tbsps. poultry seasoning

Boil noodles. Add a little oil to the water to keep noodles from sticking together. Drain and rinse in cold water. Put noodles in a large greased pyrex pan. Add soup, evaporated milk, seasoning and butter. Sprinkle mozzarella cheese liberally over the top.

Bake 20 minutes at 350°F. Serves 8-10.

**Sonia Lucic Trujillo  
Merida, Yucatan, Mexico**

½ stick butter  
 1 pkg. mozzarella cheese  
 salt

*France***ALSATIAN ONION TART**

2 lbs. of onions  
 1 Tbsp. butter  
 1 Tbsp. flour  
 salt and pepper

Peel and chop 2 lbs. of onions. Cook them with just enough water to keep them from burning. When they are cooked and a golden color, add butter and let it melt. Add flour, salt and pepper to taste, cook while stirring for 2 or 3 minutes. Then add beaten eggs and cream.

Line a 9" pie pan with pastry and spread mixture over it. Bake in hot oven (400°F) for about 30 minutes. Remove when golden. Serve warm.

**Denise Murray**

2 beaten eggs  
 1 Tbsp. cream  
 1 pastry for 9" pie

*Mexico***MEXICAN CORN PIE**

3 large eggs  
 1 (8¾ oz.) can cream-style corn  
 1 (10 oz.) pkg. frozen corn,  
     thawed and drained  
 ½ cup margarine, melted  
 ½ cup yellow cornmeal  
 4 ozs. Swiss cheese or Monterey  
     Jack cheese cut into ½" cubes

Grease a 1" pie plate generously with shortening. In a large bowl, beat eggs. Add remaining ingredients and stir until thoroughly mixed. Pour into pie plate and bake uncovered at 350° for 1 hour.

May be baked and then refrigerated for two days. Reheat refrigerated pie at 350° for about 20 minutes. May also be frozen after baking. Thaw and reheat at 350° for about 20 minutes.

**Maxine Huffman**

4 ozs. cheddar cheese, cut in  
     ½" cubes  
 1 cup (8 ozs.) sour cream  
 1 (4 oz.) can chopped mild green  
     chiles  
 ½ tsp. salt  
 ¼ tsp. worcestershire sauce

**Denmark****DANISH WALDORF SALAD**

3 unpeeled apples, diced  
2 cups diced celery

**Dressing:**

8 ozs. sour cream  
4 ozs. plain yogurt

Combine fruit, celery and nuts in a bowl. Mix dressing ingredients. Add dressing to salad. Refrigerate until serving time. Makes 6 servings.

**Kim Bandstra**

1 cup whole walnuts  
1 cup grapes, halved

1 Tbsp. sugar  
1/4 tsp. salt

**Britain****COLD CHICKEN PIE**

1 roasting chicken (about 4 lbs.)  
1 large onion, chopped fine  
8 slices bacon  
2 hard-boiled eggs  
1/2 lb. fresh mushrooms

1 Tbsp. chopped parsley  
1 1/2 cups chicken stock  
1 Tbsp. or 1 envelope of gelatin  
salt and pepper  
pastry, either flaky or short crust

Bone cut-up chicken, trying to retain shape of pieces. (Or have butcher do it, or leave bones in.) Line a good-sized pie dish with slices of bacon, like spokes of a wheel. Leave them flopping over edge; they will be folded over filled dish later. Put half of sliced mushrooms and half the chopped or thinly sliced onion on the bottom and pour over a little of the stock to which gelatin, softened in a little water, has been added. Put pieces of dark meat on mushrooms. Cover with salt and pepper, rest of mushrooms and onions, parsley, and rest of stock. Put sliced, hard-boiled eggs on top of filling. Finish filling dish with white meat and salt and pepper. Fold ends of bacon over top. Put on crust of flaky pastry. Cut a hole in the middle for adding more stock. Bake at 300° for 1 1/2 hours.

When pie is baked, extra stock (and gelatin) may be poured through hole to bring up level of liquid in pie dish. The pie should be quite cold before cutting, as pieces of chicken should be suspended in the jelly.

**Short Crust Pastry:**

2 cups flour  
2/3 cup butter

water to make a stiff dough  
(about 1/3 cup)

Sift flour. Cut shortening into flour and add water to make a stiff dough. Roll out on floured board.

**Flaky Pastry**

1 cup flour  
1 1/2 cups butter

water

Sift flour and rub in 1/3 of butter. Add water to make fairly stiff dough of same consistency as the butter. Roll into a long strip. Divide rest of butter into three portions. Put one portion on dough, fold it into thirds, so folded edges are to the right and left when rolling; press edges to prevent air escaping and roll out as before. Repeat with remaining portions of butter. Chill before using.

### *Laos*

#### **SPICED RICE**

2 cups rice  
 2 medium onions, minced  
 3 cloves garlic, minced  
 $\frac{1}{2}$  cup butter (1 stick)  
 2 cups water  
 2 cups milk

Brown onions and garlic in the butter. Add water, milk, rice, salt and other spices. Bring to a boil. Reduce heat, cover tightly and cook 20-40 minutes, or until rice is done. Beat eggs and fry thin omelets. Garnish rice with sliced omelet and serve.

**Nenh Lovanh  
Des Moines, Iowa**

salt and pepper to taste  
 10 whole cloves  
 4 (2") pieces cinnamon stick  
 5 cardamon seeds, crushed  
 1 nutmeg, cut in quarters  
 4 medium eggs

### *Britain*

#### **SHEPHERD'S PIE**

1 cup peeled, sliced carrots  
 1 medium onion, peeled, sliced  
 3 cups diced, cooked roast lamb  
     or beef  
 $\frac{1}{2}$  cup frozen peas, slightly thawed  
     or vegetable of your choice

Place carrots in a small saucepan. Barely cover with water; cook until fork-tender. Drain.

Meanwhile in separate saucepan cook the onion, barely covered with water, until tender and then drain.

Combine lamb or beef, vegetables, salt and pepper to taste in 2-quart casserole; mix well.

Heat gravy; thin with boiling water if it has become very thick. Pour gravy over meat and vegetables; stir to combine. Bake, uncovered, at 350°F for 20 minutes.

Mound potatoes over the top of the casserole with a spoon. Beat egg and milk together; brush potatoes with mixture. Return to oven; bake 20 minutes. Turn on broiler unit; cook until the potatoes are lightly browned. Serve hot. Makes 4 servings.

**Nora Stark**

salt and pepper  
 1 cup leftover gravy (or 1 cup  
     canned gravy)  
 2 cups thick mashed potatoes  
 1 egg  
 2 Tbsps. milk or half and half

### *Mexico*

#### **GARLIC SAUCE**

1 cup olive oil  
 6 or 7 garlic cloves  
 $\frac{1}{2}$  cup vinegar

Crush garlic in a mortar. Add mashed potatoes. Pound well until blended into a paste. Add olive oil and vinegar alternately in very small quantities using an electric mixer. Add salt and pepper; continue beating until sauce is stiff enough to shape. Serve on boiled or fried fish, fried eggplant, fried zucchini squash, or with pita bread.

**George Ann Huck**

2 or 3 medium sized potatoes,  
     cooked and mashed  
     salt and pepper to taste

***Mexico*****RED CHILI SAUCE**

2 Tbsps. shortening  
 3 to 4 Tbsps. chili powder  
 2 Tbsps. flour  
 $\frac{3}{4}$  tsp. salt

Melt shortening in a medium skillet. Add chili powder, flour, salt, garlic salt, oregano, cumin; stir until well blended. Gradually stir in the water.

Bring to boiling, stirring constantly; reduce heat and simmer 10 minutes. Makes 1½ cups.

***Laos*****HOT AND SOUR CUCUMBERS**

1½ lbs. long, thin cucumbers  
 1 Tbsp. salt  
 $\frac{1}{3}$  cup water plus 2 Tbsps. cold water  
 3 green onions  
 1 or 2 chili peppers, seeded  
 1 large clove garlic

Cut cucumbers into  $\frac{1}{8}$ " slices. Place in medium bowl, add salt and toss. Gradually add  $\frac{1}{3}$  cup water. Top cucumbers with a plate and a weight; let stand 10 minutes. Cut both onions and chili peppers into  $\frac{1}{2}$ " pieces. Pound garlic lightly.

Mix cornstarch with 2 Tbsps. cold water until smooth. Add broth, vinegar, soy sauce, rice wine and sugar, stirring until the sugar dissolves. Rinse cucumbers thoroughly in sieve under cold water and drain well. Pat dry between several layers of paper towels.

Heat 3 Tbsps. oil in wok until hot; then reduce to low heat. Add chili pepper and garlic and stir fry about 15 seconds; add onion and stir fry about 15 seconds. Increase heat to high. Then stir fry cucumbers until tender crisp, about 4 minutes. Add cornstarch mixture and stir until thickened. Drizzle with 1 Tbsp. oil and stir several times. Discard garlic and stir immediately. Makes 4 servings.

***England*****YORKSHIRE PUDDING**

1 cup sifted flour  
 $\frac{3}{4}$  tsp. salt  
 2 eggs

About 15 minutes before the roast is done, increase oven to 400°F; sift together flour and salt, beat eggs and combine with milk. Slowly add ingredients and beat constantly. Remove roast from the oven, spoon off about  $\frac{1}{4}$  cup clear beef drippings. Pour mixture into greased loaf pan. (Or place  $\frac{1}{2}$  tsp. beef dripping in each 12 preheated large muffin tins. Pour about 2 Tbsps. batter into each muffin tin.) Bake for 30 minutes until golden brown; serve with roast.

**Margarita Arevalo  
Merida, Yucatan, Mexico**

$\frac{1}{2}$  tsp. garlic salt  
 pinch of oregano  
 pinch of cumin  
 2 cups of water

**Katie Tu****Des Moines, Iowa**

1 Tbsp. cornstarch  
 2 Tbsps. broth  
 2 Tbsps. vinegar  
 1 Tbsp. soy sauce  
 1 Tbsp. rice wine  
 1 Tbsp. sugar  
 4 Tbsps. oil

**Darlene Bevan  
Nora Stark**

1 cup milk  
 2 Tbsps. drippings from roast beef

***France*****PROVENCAL OMELETTE**

1 lb. tomatoes, skinned and  
deseeded  
2 garlic cloves  
 $\frac{1}{2}$  tsp. each of tarragon, parsley  
and basil

Nathalie Tocu  
Orvault Le Bourg, France

$\frac{2}{3}$  cup onions, finely chopped  
 $\frac{1}{4}$  cup olive oil  
8 eggs, beaten  
salt and pepper to taste  
3 Tbsps. butter or margarine

Chop the tomatoes and garlic. Add chopped onions. Cook in olive oil for about 10 minutes, or until the liquid from the tomatoes is considerably reduced.

Beat the eggs; add tarragon, parsley, basil, salt and pepper. Cook omelette in hot butter or margarine in another frying pan, adding tomato mixture at the start of the cooking. Stir well to mix thoroughly. Cook for about 6 or 7 minutes.

***Spain*****ONION AND POTATO OMELET**

$\frac{1}{4}$  cup olive oil  
1 large thinly sliced potato  
 $\frac{1}{2}$  cup chopped onions

Maria Fidalgo

8 eggs  
salt and pepper to taste

Heat half of the oil in a small skillet. Add potato slices and saute until tender. Add onions and saute two minutes. Remove mixture from skillet. Beat eggs until frothy; mix in salt and pepper. Heat half of remaining oil in skillet; add half of the egg mixture. Using fork, poke hole in omelet to allow uncooked egg to run underneath. Cook until edges of omelet begin to set. Add half of the potato-onion mixture and flip omelet. Cook until the omelet has set. Repeat process with remaining oil, eggs and vegetable mixture. Serves 4-6.

***Russia*****BRAISED ONIONS AND CARROTS**

3 Tbsps. butter  
1 medium onion, chopped  
(1 cup)  
1 large tomato, peeled, seeded  
and finely chopped  
8 small carrots, scraped and  
processed to julienne strips

Strawtown Inn

2 Tbsps. white sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. cayenne pepper  
 $\frac{1}{3}$  cup finely chopped scallions,  
including 2" of green stems  
2 Tbsps. finely chopped fresh  
coriander or parsley

Melt the 3 Tbsps. of butter in a heavy 10" to 12" stainless-steel or enameled skillet set over high heat. Drop in the chopped onions and stirring frequently, cook over moderate heat for 8 to 10 minutes, or until they are golden brown. Add the tomato and sugar, raise the heat and boil briskly 5 minutes. Then stir in the carrots, salt and cayenne pepper. Cover and cook for about 10 minutes, stirring frequently.

Reduce the heat to low and simmer for about 10 minutes or until mixture resembles marmalade. Transfer to a heated serving bowl, sprinkle with chopped scallions and parsley, and serve at once. Serves 4-6.

*Austria*

**VIENNESE STYLE GREEN BEANS**

2 lbs. green beans	4 Tbsps. flour
1 medium onion, chopped	2 cups beef stock
1 Tbsp. chopped dill	juice of $\frac{1}{2}$ lemon
2 Tbsps. chopped parsley	$\frac{1}{2}$ cup heavy cream
$\frac{1}{2}$ Tbsp. savory	salt and pepper to taste
$\frac{1}{4}$ cup margarine	

Cut green beans into 2" segments and cook in boiling salted water until just tender; drain. Saute onion, dill, parsley and savory in margarine until onion has softened but not browned. Over low heat, blend in flour until smooth. Add beef stock. This should make a medium-thin sauce. Add the beans, salt and pepper. Cook until the mixture is hot. Add the lemon juice and cream just before serving. Serves 8.

*Marianne Haydon*

*Vienna, Austria*

*Lebanon*

**GREEN BEAN STEW**

*Guita Graber*

1 lb. fresh green beans, or 1 (1 lb.) can, drained	3 Tbsps. oil
1 large clove garlic, chopped	salt and pepper to taste
1 large onion	$\frac{3}{4}$ cup water
	1 (8 oz.) can tomato sauce

Snap and string beans. Wash and cut into 1 $\frac{1}{2}$ " lengths. Saute chopped garlic and onion in oil. Add seasonings. Add beans to onion mixture, tossing lightly. Cover and steam for 10 minutes. (For canned beans, heat mixture together only.) Add water and tomato sauce. Cover and cook about 30 minutes for fresh beans and about 15 minutes for canned beans. Goes well with rice. Serves 4-6.

*The Peoples Republic of China*

**GREEN BEANS AND BLACK MUSHROOMS**

*Maxine F. Huffman*

20 dried black mushrooms (may be purchased at an Oriental food store)	oil for deep-frying, about 1 cup
	$\frac{1}{4}$ cup light soy sauce
	1 Tbsp. sugar
1 lb. green beans	

Soak mushrooms in boiling water 20 minutes. Remove stems. Reserve liquid. Strain mushroom liquid. Simmer mushrooms in this liquid for about 45 minutes, until tender. Drain and reserve liquid. When cool, cut mushrooms into fine shreds.

Cut green beans into 1 $\frac{1}{2}$ " lengths, cutting off ends also. Heat oil in wok until very hot. Add beans and fry for about 5 minutes, or until they are wrinkled and soft. Remove and drain in drainer.

Reheat 3 Tbsps. in wok. Stir fry mushrooms. Add soy sauce and mushroom liquid. Cook 2 minutes. Add green beans, cook 1 minute. Add sugar, stir fry about 2 to 3 minutes. Serves 4-6.

## *Haiti*

### **RED BEANS & RICE**

2 cups dried red kidney beans  
 1½ tsps. salt  
 ground black pepper

16 cups water  
 3 Tbsps. margarine  
 4 cups uncooked long-grain rice

Wash beans in colander. Place beans in large pan, add salt and pepper. Add 12 cups water. Bring to boil and cook about 1½ hours (until tender). Drain in a sieve set over a deep bowl and put beans aside. Measure cooking liquid and add enough water to make 8 cups.

Melt margarine in large skillet, add rice and stir for 1 to 2 minutes until grains turn opaque. Stir in water and reserved liquid. Cover tightly and simmer undisturbed for about 20-25 minutes (until rice is tender and liquid is absorbed.)

Melt remaining margarine, add beans and stir until they are heated through. Fluff rice with a fork and mound on platter. Top with beans. Serve.

### **Strawtown Inn**

### *France* **RATATOUILLE**

4 Tbsps. olive oil  
 2 large onions, chopped  
 2 sweet peppers  
 4 tomatoes  
 1 lb. zucchini, sliced

1 medium-sized eggplant, cut  
 into chunks  
 salt  
 freshly ground black pepper  
 ¼ cup minced Fines herbes

Heat the oil in a casserole. Add the onions and cook them gently until they are very soft, stirring often so that they will not brown.

Trim off the end of the peppers, cut out the membranes, remove the seeds and cut them into good-sized pieces. Add all these vegetables to the onions in the casserole. Season generously with salt and pepper and cook over low heat for about 30 minutes, stirring occasionally. Do not cover the casserole.

When the vegetables are tender, let them cool, put them into a serving dish, and sprinkle them with "fines herbes." Serves 4.

### **Laurence Langlois** **France**

### *Caribbean* **FRIED RIPE PLANTAINS**

4 large very ripe plantains

½ cup vegetable oil

With a small, sharp knife, peel the plantains. After peeling, slice them crosswise on the diagonal to make ¼" thick ovals.

In a heavy 8" to 10" skillet, heat the oil over moderate heat until a light haze forms above it. Fry the plantains in the hot oil for about 4 minutes on each side, turning them with a slotted spatula and regulating the heat so they color richly and evenly without burning. Transfer the plantains to paper towels to drain and serve at once from a heated platter. Serves 8.

### **Strawtown Inn**

***Mexico*****FRIED EGGPLANT**

1 small eggplant (1 lb.)  
2 tsps. salt  
2 eggs, beaten

About 4 hours before cooking, cut eggplant into slices  $\frac{1}{2}$ " thick. Sprinkle with salt. Place in strainer, over a bowl, and set aside.

When ready to cook, dip each piece of eggplant into beaten egg; then roll in bread crumbs.

Heat oil (1" deep) in a large skillet, to 375°F. on deep-frying thermometer.

Drop eggplant, several pieces at a time, into hot oil and cook, turning once, until nicely browned on both sides—about 2 minutes.

Lift out with slotted utensils, and drain on paper towels. Keep warm. Makes 6 to 8 servings.

**Margarita Arevalo**  
**Merida, Yucatan, Mexico**

1 cup dry bread crumbs  
olive oil

***The People's Republic of China*****STIR-FRIED EGGPLANT, PEPPERS  
AND MUSHROOMS**

**Chia Ning**  
**China**

1 medium eggplant	1 Tbsp. sugar
1 green pepper	3 Tbsps. vegetable oil
1 red sweet pepper	2 tsps. finely chopped garlic
8 ozs. mushrooms	1 tsp. finely chopped ginger root
3 Tbsps. soy sauce	1 tsp. sesame oil

Cut eggplant into fourths and remove seeds. Then cut into  $2 \times \frac{1}{2} \times \frac{1}{4}$ " strips. Cut pepper into thin strips and cut mushrooms into  $\frac{1}{2}$ " slices. Mix soy sauce and sugar.

Heat wok until hot. Add oil; add eggplant, garlic and ginger root; stir fry 2 minutes. Add peppers and mushrooms and stir fry 2 minutes. Add soy sauce mixture and sesame oil, cook and stir 1 to 2 minutes. Makes 4 servings.

***Ecuador*****SCALLOPED EGGPLANT**

**Maxine Huffman**

1 medium-sized eggplant  
 $\frac{1}{2}$  cup chablis or other white  
 table wine  
 $\frac{1}{3}$  cup butter  
 1 cup soft bread crumbs

2 eggs
$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. black pepper
1 Tbsps. onion, finely chopped
$\frac{1}{2}$ cup grated cheese

Peel eggplant and cut into  $\frac{1}{2}$ " cubes. Cook in wine until tender (about 10 minutes). Melt butter and pour over crumbs. Beat eggs lightly with salt and pepper. Add undrained eggplant, onion and buttered crumbs. Pour into shallow, greased baking dish and top with cheese. Bake at 350° for one-half hour or until set.

***Mexico*****YUCATAN BLACK BEAN PASTE**

½ lb. dry black turtle beans

8 cups hot water

3 green onions, roughly chopped

**Herman Berny****Merida, Yucatan, Mexico**

6 to 8 Tbsps. bacon grease

salt to taste

green chiles, chopped

Pick over the beans to remove any stones or other debris. Rinse in cold water, put into a bean pot and cover with hot water. Bring to a simmer and simmer until the skins are splitting open—about 2 hours, depending on the age and the dryness of the beans.

Add the onions, 4 Tbsps. bacon grease and salt to taste; continue cooking until soft and mushy—about 1 hour more.

Heat the rest of the bacon grease in a heavy frying pan. Add about half of the beans and their broth to a blender jar and blend until smooth. Add to the frying pan. Continue with the rest of the beans and add to the pan along with the green chile. Reduce the puree to a thick paste over fairly high heat, stirring and scraping the bottom of the pan occasionally to prevent sticking—about 15 minutes.

Shape paste into an oblong roll and serve with tortillas or corn chips. Freezes well.

***Lebanon*****LENTIL POTAGE**

1 cup uncooked lentils

4 cups water

1 large onion, chopped

¼ cup olive oil

**Guita Graber**

salt and pepper to taste

¼ tsp. cumin

½ cup uncooked rice

Rinse lentils and place in pan with water. Saute chopped onions in oil. Add onions, remaining olive oil, seasonings and rice to lentils. Cover and cook for 25 minutes. Stir occasionally. Serve on platter as this thickens as it cools. May be eaten hot or cold. Serves 4-6.

***Finland*****FRIED MUSHROOMS**

1 lb. mushrooms (cultivated or wild)

¼ cup margarine

1 medium onion, chopped

**Maxine Huffman**

¼ cup dried bread crumbs

1½ cups milk

½ cup dairy sour cream

salt and pepper to taste

Slice mushrooms. Saute mushrooms and onion in melted margarine until lightly browned, stirring constantly. Add bread crumbs, sour cream, salt and pepper. Heat slowly and thoroughly but do not boil.

### *Colombia*

#### POTATOES WITH SPICED CHEESE, TOMATO AND ONION SAUCE

2 Tbsps. butter  
 4 scallions, including 2" of green top, cut into 1" lengths  
 ½ cup finely chopped onions  
 5 tomatoes, peeled, seeded and coarsely chopped OR  
 1½ cups chopped, drained, canned Italian plum tomatoes  
 ½ cup heavy cream

In a heavy 8-10" skillet, heat the butter over moderate heat. When the foam subsides, add the scallions and onions and cook them, stirring frequently, for 5 minutes, or until the onions are soft and transparent but not brown. Add the tomatoes and cook, stirring, for five minutes. Add the cream, coriander, oregano, cumin, salt and a few grindings of pepper, and, stirring constantly, drop in the cheese. Cook, stirring, until the cheese melts. Serve over the boiled potatoes. Serves 8.

Elizabeth Montes  
Colombia

1 tsp. finely chopped fresh coriander (cilantro)  
 ¼ tsp. dried oregano  
 pinch ground cumin seeds  
 ½ tsp. salt  
 freshly ground black pepper  
 1 cup freshly grated mozzarella or Munster cheese  
 8 large boiled, peeled potatoes

### *Scotland*

#### OVEN STOVIES

potatoes  
 1 onion

Wash and peel the required number of potatoes; slice them fairly thick. Slice and parboil an onion. Grease a roasting tin or a large pudding dish and arrange the potatoes in it, dusting them with pepper and salt (and other favorite spices, if you wish). Cover with the sliced onion and a cupful of milk or cream or half and half. Heat at 325° until the potatoes and onions are cooked. Serve with scones and/or any type of meat.

Nora Stark

1 cup milk or cream or half & half  
 pepper and salt

### *Caribbean*

#### STUFFED SQUASH

4 zucchini  
 2 Tbsps. butter  
 salt and pepper  
 ½ onion, minced

Wash squash and cut in half lengthwise and boil in salted water until tender, then cool. Remove seeds and scrape out flesh with tablespoon. Keep shells intact. Mash flesh with salt and pepper and seasoned salt. Add butter, cheese and bread crumbs. Mix well and spoon back into shells. Place in shallow baking pan and bake at 350° for 25 minutes.

Eunice Kuyper

1 cup buttered crumbs  
 1 cup grated cheese (seasoned salt to taste)

**Austria****MUSHROOMS WITH RICE AND ALMONDS**

Marianne Haydon

Vienna, Austria

1 lb. mushrooms, sliced	1 cup rice
½ cup water	2 cups beef stock
2 Tbsps. lemon juice	1 cinnamon stick
3 Tbsps. butter	1 bay leaf
1 medium onion, chopped	½ cup blanched almonds, slivered
½ cup butter	grated parmesan cheese to taste

Clean mushrooms; put in small pan with water, lemon juice and 3 Tbsps. of butter. Cook for 5 minutes in a skillet, saute the onion in the remaining butter until transparent. Add the beef stock, cinnamon stick and bay leaf. Mix and place in a casserole dish. Cover and bake at 375° for 15 minutes. Add mushrooms (reserving cooking liquid) and almonds and continue baking until rice has completed cooking. If the rice seems too dry, add some of the reserved mushroom liquid. When serving, remove the cinnamon stick and bay leaf. Sprinkle with grated Parmesan cheese. Yield: 4-6 servings.

**Britain****TURNIP BAKE**

Nora Stark

1 medium or large rutabaga	1 cup water
½ lb. white turnips (about 3 or 4)	salt and pepper
4 slices bacon, diced	chopped parsley

Peel rutabagas and turnips; cut into small cubes. Cook bacon in heavy skillet until crisp; remove from pan. Crumble and reserve. Add onions to bacon fat in skillet; cook until tender. Add water, salt and pepper, and bring to boil.

Combine rutabagas, turnips and the bacon in 2-quart lightly-greased casserole. Add boiling water and onions. Cover; bake at 350°F. for 45 minutes or until fork tender. Sprinkle casserole with chopped parsley. Makes 6 servings.

**The People's Republic of China****STIR-FRIED VEGETABLES**

Ruth Wu

Beijing, P.R. China

½ cup shelled walnuts	½ cup chopped green peppers
2 soaked, dried black mushrooms	½ cup bamboo shoots, thinly sliced
1 cucumber, cut into sticks	¼ cup vegetable oil
½ cup canned mushrooms, drained	½ cup shelled peanuts
½ cup canned, sliced water chestnuts	2 tsps. rice wine
	pinch powdered ginger
	2 tsps. sesame oil

Cut soaked black mushrooms. Heat oil. Add walnuts, mushrooms, cucumber sticks, water chestnuts, green peppers, bamboo shoots and peanuts. Stir fry about 1 minute. Add wine, salt, ginger and stir fry again for 30 seconds. Add sesame oil, mix, stir fry 30 seconds more. Serve. Makes 6 servings.

### *Hong Kong*

#### **STIR-FRIED SNOW PEAS WITH CHINESE MUSHROOMS AND BAMBOO SHOOTS**

3 dried Chinese mushrooms, 1-2'' in diameter	½ cup canned bamboo shoots, sliced $\frac{1}{8}$ " thick, cut into 1" x 1" triangular tree-shaped pieces
1 lb. fresh or frozen snow peas	
2 Tbsps. vegetable oil	½ tsp. sugar
1½ tsps. salt	

Prepare ahead: In a small pan, cover the mushrooms with ½ cup of warm water and let them soak for 30 minutes. Remove them with a slotted spoon. With a cleaver or sharp knife, cut away and discard the tough stems of the mushrooms, and cut each cap into quarters. Strain the soaking water through a fine sieve and reserve 2 Tbsps. of it. Snap off the tips of the fresh snow peas and remove the strings from the pea pods. Have the above ingredients and the oil, salt, bamboo shoots and sugar within easy reach.

To cook: Set a 12" wok or 10" skillet over high heat for 30 seconds. Pour in the 2 Tbsps. of oil; swirl it about in the pan and heat for another 30 seconds, turning the heat down to moderate if the oil begins to smoke. Immediately drop in the mushrooms and bamboo shoots and stir fry for 2 minutes. Add the snow peas, salt and sugar, and then 2 Tbsps. of the reserved mushroom soaking water. Cook, stirring constantly on high heat for about 2 minutes. Transfer the contents of the pan to a heated platter and serve at once.

### *Caribbean*

#### **AVOCADO SALAD**

**Strawtown Inn**

avocado halves (1 per person)	lettuce, chopped
2 Tbsps. cocktail sauce for each half	chopped fresh parsley

#### **Sauce:**

Combine to taste: catsup, worcestershire sauce, tabasco sauce, vinegar, salt and sugar.

Place avocado half on a bed of chopped lettuce and fill with sauce. Garnish with chopped parsley.

### *France*

#### **CUCUMBER SALAD**

**Inge Drappier  
Paris, France**

16 ozs. yogurt	1 Tbsp. olive oil
2 cucumbers, peeled	salt to taste
1 clove garlic, minced	mint leaves to taste

Pour yogurt into a large bowl and beat until smooth. Dice cucumber into small pieces and add to yogurt; cut up mint leaves and add salt and garlic. Mix, then add olive oil and mix gently. Chill and serve in one bowl or in individual cooled bowls.

Can be served as a first course or could replace a salad. Serves 4.

## *Russia*

### CUCUMBER AND SOUR CREAM SALAD

Strawtown Inn

4 medium cucumbers, peeled, halved, seeded and cut crosswise into $\frac{1}{2}$ " thick slices	2 Tbsps. salt $\frac{1}{2}$ tsp. cider vinegar
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In a mixing bowl, combine the cucumber slices, salt and vinegar and toss them about with a large spoon until the cucumber is well moistened. Marinate at room temperature for 30 minutes, then drain the cucumbers through a sieve and pat them thoroughly dry with paper towels. Place them in a large mixing bowl.

#### Dressing:

3 hard-cooked eggs	1 tsp. sugar
1 tsp. prepared mustard, preferably Gray Poupon	$\frac{1}{8}$ tsp. white pepper
$\frac{1}{2}$ cup chive sour cream	4 to 6 large lettuce leaves, well washed and dried
2 tsps. white wine vinegar	1 Tbsp. finely cut fresh dill leaves

Separate the yolks from the whites of the hard-cooked eggs. Cut the whites into strips  $\frac{1}{8}$ " wide and 1" to 2" long and stir the egg whites into the cucumber.

With the back of a large spoon, rub the egg yolks through a fine sieve set over a small bowl. Slowly beat in the mustard, sour cream, white wine vinegar, sugar and white pepper. When the dressing is smooth, pour it over the cucumbers and toss together gently but thoroughly. Taste for seasoning.

To serve, arrange the lettuce leaves on a large flat serving plate or on small individual plates and mound the salad on top of them. Sprinkle with dill and refrigerate until ready to serve. Serves 4-6.

## *Mexico*

### GARBANZO SALAD

1 large carrot cut into $\frac{1}{4}$ " pieces
1 medium potato, peeled and cut into $\frac{1}{2}$ " cubes
$\frac{1}{2}$ cup fresh or frozen peas
1 (16 oz.) can garbanzos, drained and rinsed
1 Tbsp. oil

Cook carrot in boiling water for 5 minutes. Add potato and peas and cook for another 10 minutes. Remove from heat and add garbanzos to pan, stirring to warm them.

Heat oil in small skillet; saute onion and garlic until tender, do not brown. Drain garbanzo mixture and transfer to serving bowl. Add onion and garlic mixture and cheese. Add vinegar, dill, pepper and salt. Toss gently to combine well. Serve warm or at room temperature. Serves 4-6.

George Ann Huck

1 large onion, cut into $\frac{1}{4}$ " slices
4 garlic cloves, minced
$\frac{1}{4}$ lb. Monterey Jack cheese, chilled and cut into $\frac{1}{8}$ " cubes
2 Tbsps. red wine vinegar
2 tsps. dried dill weed black pepper and salt to taste

### *Union of South Africa*

#### **BEET AND ONION SALAD**

1 lb. fresh, firm, small beets  
 $\frac{1}{4}$  cup red wine vinegar  
 1 tsp. salt  
 $\frac{1}{2}$  tsp. sugar

With a small, sharp knife, cut the tops from the beets, leaving about 1" of stem on each. Scrub the beets under cold running water, then drop them into enough lightly-salted boiling water to cover them completely. Reduce the heat to low, partially cover the pan, and simmer for about 30 minutes, or until the beets show no resistance when pierced with the point of a small, sharp knife. The beets should be kept constantly covered with water; add boiling water if necessary.

Drain the beets in a colander and when they are cool, slip off their skins. Cut the beets lengthwise into slices  $\frac{1}{4}$ " thick and then into strips about  $\frac{1}{4}$ " wide, or slice them into rounds about  $\frac{1}{4}$ " thick.

Combine the vinegar, salt and sugar in a deep bowl and stir until the sugar dissolves. Drop in the beets and the onions and then turn them about with a spoon until they are coated with the vinegar mixture. Let the salad marinate at room temperature for about 30 minutes, turning the beets and onions every 10 minutes or so. Serve at room temperature. Serves 4.

### *Spain*

#### **GRAPEFRUIT-VEGETABLE SALAD**

1 large pink grapefruit  
 $\frac{1}{4}$  cup olive oil  
 3 Tbsps. red wine  
 $\frac{1}{2}$  tsp. fennel seed  
 $\frac{1}{4}$  tsp. salt

8 grated radishes  
 3 green onions, chopped  
 1 large garlic clove, peeled  
 3 Tbsps. sunflower seeds

Peel and section grapefruit, discarding membrane tissue. Cut sections into thirds. Combine oil, wine, fennel and salt. Chill. Grate radishes and chop green onions; add to grapefruit, also chill. Just before serving, rub salad bowl with garlic clove. Add grapefruit mixture. Pour on salad dressing and mix gently. Sprinkle with sunflower seeds and serve immediately. Serves 4.

### *Spain*

#### **LETTUCE AND TOMATO SALAD**

one large head of lettuce  
 2 medium green peppers  
 2 medium cucumbers  
 1 sweet mild onion

4 large tomatoes  
 $\frac{1}{2}$  cup olive oil  
 3 Tbsps. wine vinegar  
 salt to taste

Wash vegetables, peel cucumbers. Dice vegetables and keep separate. In flat bottomed salad bowl, layer chopped vegetables in order: lettuce, green peppers, cucumbers, onion, tomatoes. Mix olive oil, vinegar and salt and pour over salad. Cover and refrigerate for several hours before serving. Serves 6-8.

### **Thabo Masemola**

2 small onions, peeled, cut crosswise into slices  $\frac{1}{4}$ " thick and separated into rings

### **Isaias Gomez** **Granada, Spain**

### *Lebanon*

#### **CHICK PEA SALAD**

2½ cups canned chick (carbonzo) peas, drained  
3 Tbsps. light sesame oil or olive oil

4 Tbsps. lemon juice  
2 cloves garlic, crushed  
½ tsp. salt  
1 Tbsp. chopped parsley

Put chick peas in blender and make a gruel. Add lemon and oil alternately until all is blended. Add garlic, salt and stir until a thick smooth mixture forms. Refrigerate 3 hours before serving. Sprinkle with parsley. May be decorated with whole chick peas and/or lemon slices. Serve with torn pieces of pita bread.

**Elsie Maxam**

### *South Africa*

#### **CUCUMBERS AND TOMATOES WITH GREEN CHILIES**

1 cucumber, very thinly sliced and partially peeled  
4 tomatoes, sliced  
2 small cans chopped green chilies, drained

**Vinaigrette Dressing:**  
½ cup cider vinegar  
1 cup Crisco oil  
1 Tbsp. diced red onion  
¼ tsp. salt  
½ tsp. sugar

Slice cucumbers and tomatoes. Arrange on plate and sprinkle with green chilies. Blend ingredients for vinaigrette dressing in blender. Pour over vegetables. Serves 4-6.

**Strawtown Inn**

### *Lebanon*

#### **TOMATO SALAD**

1 small clove garlic  
salt to taste  
¼ cup lemon juice  
2 cucumbers

**Guita Gruber**

4 tomatoes  
1 small onion, chopped  
2 Tbsps. olive oil

Mash garlic and salt in a bowl. Add lemon juice, mixing well. Cut cucumbers and tomatoes into bite-sized pieces. Add to garlic mixture along with onions and oil. Mix gently. Makes 4-6 servings.

### *Japan*

#### **SPINACH SALAD**

½ lb. spinach  
1 Tbsp. margarine  
2 tsps. sesame seed

#### **Kyoko Maruyama Burger Urawa, Japan**

3-4 Tbsps. vinagrette dressing  
1 cup bread in ½" cubes  
1 Tbsp. grated parmesan cheese

Wash spinach, drain. Cut into 1" pieces. Melt margarine in skillet; add sesame seeds, bread cubes and brown. Just before serving add vinagrette dressing, browned sesame seeds and bread cubes to spinach. Toss. Sprinkle with parmesan cheese. Serves 4.

### *Austria*

#### **VIENNESE POTATO SALAD**

3 medium potatoes  
 3 eggs  
 1 cup thinly sliced cucumber  
 1 head lettuce, sliced  
 1 cup diced celery  
 1 tsp. sugar  
 1 tsp. paprika  
 $\frac{1}{2}$  tsp. salt

Peel, slice and boil potatoes. Hard boil eggs. While these are cooking, prepare the cucumber, lettuce and celery. Make a marinade with the sugar, paprika, salt, dry mustard, celery seed, pepper, vinegar and olive oil. Be sure that the marinade has been thoroughly mixed. Slice the hard-boiled eggs while still warm. Combine hot potatoes, egg slices, cucumber, lettuce and celery. Add chives. Pour the marinade over the salad and stir carefully. Serve warm. Yield: 8 servings.

### *France*

#### **SALADE NICOISE**

*The marinated vegetables, which are the basis of this southern French dish, can be served as they are, or can be tossed with greens, which is more typical of the restaurant versions.*

4 Tbsps. combined lemon juice  
 and wine vinegar  
 $\frac{1}{4}$  cup oil (at least some olive  
 preferred)  
 $\frac{1}{2}$  tsp. salt  
 1 tsp. dried chervil  
 pepper  
 1 tomato, cut in bite-size pieces

Make a dressing of lemon juice, vinegar, oil, salt, chervil and generous amounts of pepper. Toss with all the ingredients except the greens in a deep serving bowl. Just before serving, mix in greens if desired. Serves 4.

Note: This can be prepared in advance or just before serving, whichever is most convenient.

### *Mexico*

#### **HOT CHICKEN SALAD**

2 cups cooked and cubed chicken  
 2 cups chopped celery  
 1 cup mayonnaise  
 2 Tbsps. lemon juice

Combine all ingredients and toss lightly (except cheese and potato chips). Sprinkle the cheddar cheese and crushed potato chips on top. Bake at 450° for 30 minutes. Makes 4-6 servings.

### **Marianne Haydon**

**Vienna, Austria**

$\frac{1}{2}$  tsp. dry mustard  
 $\frac{1}{2}$  tsp. celery seed  
 $\frac{1}{2}$  tsp. pepper  
 $\frac{1}{4}$  cup tarragon vinegar  
 $\frac{1}{2}$  cup olive oil  
 $\frac{1}{2}$  cup chopped chives  
 additional salt and pepper if  
 desired

### **Louise Zaffiro**

2 cups sliced, cooked potatoes  
 (warm or cold)  
 3 cups cooked green beans, cut in  
 1" lengths (warm or cold)  
 few slices red onion  
 8 or more olives  
 4 to 6 cups soft greens (optional)

### **George Ann Huck**

2 tsps. grated onion  
 $\frac{1}{2}$  cup cheddar cheese  
 1 cup crumbled potato chips

*Thailand***CABBAGE SALAD WITH PORK AND SHRIMP**

Evelyn Bandstra

½ cup vegetable oil	1½ Tbsps. lemon or lime juice
1 Tbsp. chopped garlic and red onion	1 Tbsp. coarsely ground roasted peanuts
1 Tbsp. chopped dried chili (fried)	½ cup coconut milk
2 cups chopped cabbage	½ cup cooked pork, finely chopped
1 Tbsp. salt	7 medium size shrimp, boiled, cut in half
1 Tbsp. fish sauce	

Heat the oil in frying pan on medium low heat. Fry the garlic and onion until brown. Set aside. Then fry the chiles.

Cook cabbage in boiling water for 2 minutes; drain. In a mixing bowl combine cooked cabbage, salt, fish sauce, lime or lemon juice, peanuts, coconut milk and cooked pork. Mix thoroughly. Place on a platter, top with cooked shrimp. Sprinkle with fried red onion, garlic and chili.

*Cambodia***CAMBODIAN BEEF SALAD**Kim Poam  
Oskaloosa, Iowa

1 clove of garlic, minced	1 tsp. of sugar
¼ cup of salad oil	3 to 4 drops of lemon juice
½ to 1 lb. of roast beef	4 to 5 small red tomatoes
2 to 3 stalks of chives, chopped	1 head of Romaine lettuce
soy sauce to taste	1 to 1½ cucumbers
salt and pepper to taste	¼ cup of cold water
1 to 2 Tbsps. cornstarch	

On medium heat combine the garlic and oil and cook for 3 minutes. Add the beef which should be sliced thinly. Cook until brown. While the meat is cooking, prepare the platter in this fashion:

- break the lettuce into small chewable pieces; cover entire platter
- slice tomatoes thin to cover lettuce
- peel outer cucumber to have a striped appearance, cut into thin slices to cover tomatoes.

In a small bowl combine the water and cornstarch. If the consistency is too runny, add a bit more cornstarch. Add to the browned meat plus the soy sauce, sugar salt, pepper and lemon juice. Cook but do not boil. The sauce should not be too thick. Add the meat mixture on top of the lettuce platter covering all the vegetables. Let stand so vegetables can cook a bit. Sprinkle with chopped chives and serve immediately.

## *England*

### CUCUMBER SANDWICHES

Joan Ryerson

Peel a cucumber and slice it into transparencies on the slicing side of a grater, or by use of a potato peeler. Sprinkle these see-through discs with a little vinegar and salt. After half an hour, drain away the excess cucumber juice by shuffling the slices in a sieve. Cover a slice of lightly buttered, paper-thin brown bread\* with two layers of cucumber, and top with another slice of bread. Apply firm but delicate pressure with the palm of the hand. Slice off the crusts, and cut into three rectangles. Pile these neatly on a porcelain serving plate, and cover with a lightly dampened cloth until tea is served.

\*thin sliced white bread may be used also.

## *Barbados*

### COCONUT BREAD

1 Tbsp. butter, softened, plus  
4 Tbsps. butter, melted  
3 Tbsps. plus 5 cups flour  
2 cups sugar  
1 Tbsp. double-acting baking powder

½ tsp. ground cinnamon  
¼ tsp. ground cloves  
1 tsp. salt  
1 large fresh coconut, opened, peeled and finely grated  
2 cups milk

### Strawtown Inn

Preheat the oven to 350°. With a pastry brush, spread 1 Tbsp. of softened butter evenly over the bottom and sides of three 3½x7" loaf pans. Sprinkle 1 Tbsp. of the flour into each pan and tip the pans from side to side to spread it evenly. Then invert the pans and rap the bottom sharply to remove any excess flour. Set aside.

Sift the remaining 5 cups of flour, the sugar, baking powder, cinnamon, cloves and salt into a deep bowl. Add the grated coconut and, with your hand or a large spoon, mix all the ingredients together well. Pour in the milk, ½ cup at a time, and blend thoroughly after each addition. Then stir in the 4 Tbsps. of melted butter.

Ladle the coconut batter into the prepared pans, filling each of them no more than two-thirds full. Bake the bread in the middle of the oven for 1 hour, or until it begins to pull away from the sides of the pans and the top is golden brown and crusty.

Remove the bread from the oven and let it cool in the pans for about 5 minutes, then turn the loaves out onto wire cake racks. Serve the coconut bread either warm or cool.

NOTE: Four cups of packaged or frozen flaked or grated coconut may be substituted for the freshly grated coconut. If the prepared coconut is presweetened (most brands are), reduce the amount of sugar in the recipe from 2 cups to 1½ cups. If you want to reduce the size of the packaged flakes to make the bread less crunchy, pulverize the coconut in the jar of an electric blender by blending it at high speed for a few seconds. Makes 3 small loaves.

## *Jamaica*

### **BANANA BREAD**

9 Tbsp. butter, softened  
 $\frac{3}{4}$  cup unsalted, shelled pecans  
 $\frac{1}{4}$  cup seedless raisins  
2 cups all-purpose flour  
1 Tbsp. double-acting baking powder

Preheat the oven to 350°. With a pastry brush, spread 1 Tbsp. of softened butter evenly over the bottom and sides of a 9x5x3" loaf pan and set it aside.

Reserve  $\frac{1}{4}$  cup of the pecan halves for the garnish. Chop the rest of the nuts coarsely and toss them with the raisins and 1 Tbsp. of the flour. Sift the remaining flour with the baking powder, nutmeg and salt.

Peel the bananas, chop them coarsely, and put them into a small bowl. With the back of a table fork, mash the bananas to a smooth puree. Stir in the vanilla and set aside.

In a deep bowl, cream the remaining butter and the sugar together, beating and mashing them with a large spoon against the sides of the bowl until the mixture is light and fluffy.

Add the egg, and when it is well blended beat in the flour and the bananas alternately, adding about one-third of each mixture at a time, and continue to beat until the batter is smooth. Gently but thoroughly stir in the chopped pecans and raisins.

Ladle the batter into the loaf pan and arrange the reserved pecan halves attractively on the top. Bake the bread in the middle of the oven for 50 to 60 minutes or until a cake tester or toothpick inserted into the center of the loaf comes out clean. Remove the bread from the oven and let it cool in the pan for 5 minutes, then turn it out on a wire cake rack.

Serve the banana bread either warm or cool. Makes one 9x5x3" loaf.

## *Sweden*

### **SWEDISH RYE BREAD**

2 pkgs. dry active yeast  
 $\frac{1}{2}$  cup warm water  
1 tsp. sugar  
3 cups hot water  
 $\frac{1}{2}$  cup vegetable oil

Dissolve yeast in  $\frac{1}{2}$  cup warm water; stir in 1 tsp. sugar, set aside. In large bowl mix rye flour with  $\frac{1}{2}$  cup sugar and the salt. Gradually add 3 cups hot water, mixing to make a smooth paste. Gradually add oil and molasses. Beat well. Add yeast mixture and white flour 1 cup at a time. When dough becomes too stiff to mix well with mixer, work remaining flour into dough by kneading until smooth and elastic. Place in warm place and let rise until doubled. Divide into 3 loaves and place in 9x5x3" greased pans. Let rise until doubled. Bake at 325° for about 40 minutes. Remove from pan and rub tops with shortening.

## **Strawtown Inn**

$\frac{1}{4}$  tsp. ground nutmeg  
 $\frac{1}{2}$  tsp. salt  
2 large ripe bananas (about 1 lb.)  
1 tsp. vanilla extract  
 $\frac{1}{2}$  cup sugar  
1 egg

## *Ethiopia*

### **Yewoubdar Beyene's HONEY BREAD**

1 pkg. active dry yeast	1/4 tsp. ground cloves
1/4 cup lukewarm water	1 1/2 tsps. salt
1 egg	1 cup lukewarm milk
1/2 cup honey	6 Tbsps. melted butter
1 Tbsp. ground coriander	4 to 4 1/2 cups all-purpose flour
1/2 tsp. ground cinnamon	

In a small, shallow bowl, sprinkle the yeast over the lukewarm water. Let the mixture stand for 2 or 3 minutes, then stir it to dissolve the yeast completely. Let stand in a warm place until the yeast bubbles up and doubles in volume (about 5 minutes).

Combine the egg, honey, spices and salt in a deep bowl, and mix them together with a wire whisk or spoon. Add the yeast mixture, milk and 4 Tbsps. of the butter, and beat until the ingredients are well blended. Stir in the flour, about 1/2 cup at a time, using only as much as necessary to make a dough that can be gathered into a soft ball. When the dough becomes too stiff to stir easily, blend in the additional flour with your fingers.

On a lightly floured surface, knead the dough. Rub your hands with a little melted margarine if the dough sticks to the board or to your fingers, but do not use any extra flour or the dough will become stiff and hard. Repeat for about 5 minutes, or until the dough is smooth and elastic.

Shape the dough into a ball and place it in a large, lightly buttered bowl. Drape a kitchen towel over the bowl and set in a warm, draft-free spot for about 1 hour, or until the dough rises and doubles in bulk.

With a pastry brush spread the remaining butter evenly over the bottom and sides of a 3-quart round baking dish at least 3" deep. Punch the dough down with a single blow from your fist, then knead it again for a minute or two. Shape the dough roughly into a round and place it in the buttered baking dish, pressing it down into the corners so that it covers the bottom of the dish completely. Return the dough to the warm, draft-free place for about 1 hour, or until it has doubled in bulk and risen at least as high as the top rim of the dish.

Bake at 300° in the middle of the oven for 50 to 60 minutes, until the top is crusty and light golden brown. Turn the bread out of the pan onto a cake rack to cool. This bread may be served while it is somewhat warm, or may be allowed to cool completely. Traditionally it is eaten spread with butter and honey. It also makes excellent toast. Makes one 8 1/2" round loaf.

**(Pella Collector's Cookbook,  
a favorite of Eunice Kuyper)**

## **Germany**

### **Mrs. Lyle Kooiker's HEIDELBERG RYE BREAD**

3 cups all-purpose flour  
2 pkgs. active dry yeast  
 $\frac{1}{4}$  cup cocoa powder  
1 Tbsp. caraway seed (optional)  
2 cups water  
 $\frac{1}{3}$  cup molasses

In large mixing bowl, stir together all-purpose flour, yeast, cocoa and caraway seed. In saucepan, heat water, molasses and butter, sugar and salt just until warm ( $115^{\circ}$  to  $120^{\circ}$ ), stirring until butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for  $\frac{1}{2}$  minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough rye flour to make a soft dough. Turn onto floured surface; knead until smooth, about 5 minutes. Cover; let rest 20 minutes. Punch dough down; divide in half. Shape each half into a round loaf; place on greased baking sheet or in 2 greased 8-inch pie plates. Brush surface of loaves with a little cooking oil. Slash tops of loaves with a sharp knife. Let rise until double (45 to 60 minutes). Bake in  $400^{\circ}$  oven for 25 to 30 minutes or until done. Remove from pans; cool on racks. Makes 2 loaves.

### **(Pella Collector's Cookbook, a favorite of Kimberley Huffman)**

2 Tbsps. butter  
1 Tbsp. sugar  
1 Tbsp. salt  
3 to  $3\frac{1}{2}$  cups rye flour  
cooking oil

## **Kenya**

### **DEEP FRIED BUNS**

2 to  $2\frac{1}{4}$  cups all purpose flour  
1 tsp. double-acting baking  
powder  
2 Tbsps. sugar

$\frac{1}{4}$  tsp. salt  
1 egg lightly beaten  
 $\frac{3}{4}$  cup water  
vegetable oil for deep frying

Sift 2 cups of flour and the baking powder, sugar and salt into a bowl. Make a well and into it pour the egg and water. Gradually stir in the dry ingredients; when they are well mixed continue to stir with a spoon or knead with hands to a soft dough. If dough is sticky add  $\frac{1}{4}$  cup more of flour. Cover with dampened kitchen towel and let dough rest for at least 30 minutes.

Preheat oven to its lowest when you are ready to make the buns. Line a large baking sheet with paper towels and place in the oven. Pour oil into a deep fryer or large heavy saucepan and heat oil. On a lightly floured surface, roll the dough out into rectangular  $\frac{1}{2}$ " thick pieces and deep fry about 4 to 5 at a time. As they brown transfer to the lined baking sheet in the oven to keep them warm.

Serve warm with beverage, milk, or juice.

**Rosemary Sang  
Karicho, Kenya**

### **Russia**

#### **FLAT ARMENIAN BREAD WITH SESAME SEEDS**

1 pkg. dry active yeast	6 cups all-purpose flour
1 Tbsp. sugar	½ lb. unsalted butter, melted
2 ¼ cups lukewarm water (110° to 115°)	1 Tbsp. salt
	2 Tbsps. white sesame seeds

Sprinkle the yeast and 1 tsp. of the sugar into ¼ cup of the lukewarm water in a small, shallow bowl. Let it stand 2 or 3 minutes, then stir to dissolve the yeast completely. Set the bowl aside in a warm, draft-free spot (such as an unlighted oven) for about 5 to 10 minutes, or until the mixture almost doubles in volume.

Pour the flour into a large mixing bowl and make a well in the center. Pour in the yeast mixture, remaining water, melted butter, remaining sugar and salt. With a large spoon, beat the flour into the liquid ingredients, continuing to beat for as long as 10 minutes, or until a soft, spongy dough is formed. Cover loosely with a kitchen towel and set aside in the warm, draft-free spot until the mixture doubles in volume.

Preheat the oven to 350°. Place the dough on a lightly floured surface and divide it into 10 equal parts. Roll out each part as thinly as possible into circles, then place 2 or 3 circles on a cookie sheet. Sprinkle lightly with cold water and a few sesame seeds and set the cookie sheet on the floor of the oven. Bake about 20 minutes, or until the bread is a pale golden brown. Transfer the breads with a wide spatula to a wire cake rack and bake the remaining rounds similarly. The bread will keep several days at room temperature if wrapped securely in foil. Makes 10 large rounds.

### **Strawtown Inn**

### **Sweden**

#### **SWEDISH LIMPA BREAD**

1 pkg. dry yeast	2 Tbsps. lard
¼ cup warm water	1½ cups hot water
¼ cup molasses	2½ cups rye flour
¼ cup brown sugar	2 Tbsps. caraway seed
1 Tbsp. salt	2½ cups white flour

Dissolve yeast in warm water; set aside. In a large mixing bowl put molasses, brown sugar, salt, lard and hot water. Stir until all is dissolved. Cool to lukewarm; stir in yeast, rye flour and caraway seed. Add 2 cups white flour; put on floured board and knead in remaining white flour. Let rise in warm place until doubled in size. Shape into 2 loaves; put in greased 13x4x3" pans. Let rise again until doubled. Bake in preheated oven at 350° for 45 minutes. Remove from pans; grease top lightly.

### **Karen Davidson**

*Mexico***CREAM OF AVOCADO DESSERT**

2 large, ripe, chilled avocados,  
peeled, halved, seeded and  
diced

With the back of the spoon, force the diced avocado through a sieve set over a bowl. Stir in the lime juice and sugar. Serve from chilled parfait glasses or dessert dishes and garnish each serving with a lime wedge. Serves 4.

**Rocio Castillo****Merida, Yucatan, Mexico**

$\frac{1}{4}$  cup fresh lime juice  
6 Tbsps. confectioners' sugar  
 $\frac{1}{2}$  lime, cut into 4 thin wedges

*Caribbean***GLAZED BANANAS****Eunice Kuyper**

Peel bananas and sprinkle with lime juice. Pour melted butter over and sprinkle with brown sugar. Bake for 20 minutes at 350°. Baste every 10 minutes.

*The People's Republic of China***FRESH FRUIT DESSERT**

Finely crushed ice

**Fruit Bouquet:**

4 cans of pineapple slices, cut  
into 24 chunks  
12 pitted dates  
12 melon chunks

**Sheng Yan Sheng**  
**Hangzhou, P.R. China**

16 fresh grapes  
24 preserved kumquats  
12 plump dried figs  
16 canned mandarin oranges or  
orange slices

Prepare or buy enough finely crushed ice to make a pyramid 7" high and 12" cross; put in freezer. Get all the fruits ready; refrigerate.

About 1 hour before serving: in a large serving dish with deep rim to keep ice from dripping over, shape a pyramid of ice 7" high and 12" across. Place fruit on the ice.

*Austria***PEACHES STUFFED WITH ALMONDS****Marianne Haydon****Vienna, Austria**

$\frac{1}{2}$  cup blanched almonds  
 $\frac{1}{2}$  cup powdered sugar  
 $\frac{1}{4}$  cup dark rum  
6 fresh peaches  
 $\frac{1}{2}$  cup butter

$\frac{1}{2}$  cup sugar

**For sour cream sauce:**  
16 ozs. sour cream  
sugar to taste  
dark rum to taste

Grind almonds to a thick paste and combine with powdered sugar and rum. Peel, halve and stone peaches. Fill cavities with almond paste and reform the halves into whole peaches. Melt butter in a baking dish; sprinkle with sugar. Bake at 350° for 15-20 minutes (until peaches are soft). Serve either hot or cold with sour cream sauce.

***Britain*****GRAPE JUICE DUMPLINGS**

1 quart grape juice and pulp	½ tsp. salt
1 Tbsp. cornstarch	¼ cup butter
1 large cup sugar	1 egg
2 cups sifted flour	⅔ cup milk
1 Tbsp. baking powder	

Mix cornstarch and sugar together; add to flour, baking powder and salt. Work butter into this dry mixture as you do when making pie dough. Add beaten egg and milk to dry mix with as little mixing as possible.

Bring grape juice to a rapid boil. Drop batter in the boiling juice, 1 Tbsp. at a time until all of the batter is in the juice. Cook 20 minutes in a covered pan. Do not remove cover until finished. Serve with thin cream.

**Darlene Bevan**

***Caribbean*****KEY LIME PIE**

4 eggs	⅔ cup lime juice
1 (15 oz.) can sweetened condensed milk	1 baked 9" pie crust whipped cream or sour cream

Separate the eggs. Beat yolks until very light. Add condensed milk and beat again until very light. (This will require a great deal of beating.) Add lime juice and beat until the mixture is very thick. Pour into the pie crust, top with whipped cream or sour cream and chill.

**Eunice Kuyper**

***Caribbean*****BANANA CREAM PIE**

2 cups milk, heated	1 tsp. vanilla
3 eggs, separated	salt
3 Tbps. cornstarch	3 bananas, sliced
2 Tbps. cold water	1 Tbsp. lemon juice
2 Tbps. sugar	½ cup sugar

Mix the cornstarch and cold water to a smooth paste and add to the beaten egg yolks with the salt and 2 Tbps. sugar. Heat milk to boiling point. Add egg mixture gradually, stirring constantly. Cook until mixture thickens. Remove from heat. Add vanilla. Cool rapidly. Lay bananas in a baked pie shell. Pour cooled custard over fruit. When thoroughly cool, make a meringue of the egg whites by beating until stiff and dry, adding the lemon juice and ½ cup of sugar slowly while beating. Bake in moderate oven until the meringue is a delicate brown.

**Strawtown Inn**

***South Africa*****SOUTH AFRICAN MILK TART PIE**

½ cup all-purpose flour	3 egg yolks
¼ cup sugar	3 egg whites
1 tsp. cornstarch	3 Tbsps. sugar
½ tsp. ground cinnamon	1 (9'') unbaked pastry shell
⅓ cup milk	1 cup fresh or canned fruit, drained
1½ cups milk	OR ½ cup apricot preserves

In mixing bowl, stir together the flour, ¼ cup sugar, cornstarch and cinnamon; stir in the ⅓ cup milk until smooth. In saucepan, heat the 1½ cups milk just to the boiling point; stir in the flour mixture. Cook and stir until thick and bubbly. Remove saucepan from heat.

Beat egg yolks slightly, gradually stir into hot mixture. Beat egg whites until soft peaks form; gradually beat in the remaining 2 Tbsps. sugar until stiff peaks form. Fold egg whites into hot mixture. Sprinkle fruit—such as blueberries, blackberries, chopped peaches or pie cherries—over bottom of pastry shell. Or, spread apricot preserves over bottom of pie shell. Pour egg mixture over filling. Bake at 400° for 25 to 30 minutes or until center tests done and top is golden. Makes 1 pie.

NOTE: The filling raises like a souffle out of the pie shell. The pie can go into the oven as you sit down for dinner and will be ready to go to the table at dessert time. The pie falls just as a souffle does.

**Strawtown Inn*****Austria*****APRICOT PANCAKES**

3 eggs	1 tsp. vanilla extract
1 cup milk	4 to 6 Tbsps. butter
⅓ cup club soda, freshly opened	¾ cup apricot jam
1 cup sifted flour	1 cup ground walnuts or filberts
3 Tbsps. granulated sugar	confectioners sugar
¼ tsp. salt	

Beat the eggs lightly with the milk in a small bowl. Combine with the club soda in a large mixing bowl. With a wooden spoon stir in the flour and sugar, then add the salt and vanilla extract. Continue to stir until the batter is smooth.

Melt 1 tsp. of butter in an 8'' skillet, preferably a pancake skillet. When the foam subsides, ladle in enough batter to cover the bottom of the skillet thinly and tilt the skillet from side to side to spread it evenly. Cook for 2 to 3 minutes, or until lightly browned on one side, then turn and brown lightly on the other. When a pancake is done, spread 2 tsps. of jam over it, roll it loosely into a cylinder, then put it in a baking dish in a 200° oven to keep warm until the pancakes are finished. Add butter to the skillet as needed. Serve warm as a dessert, sprinkle with nuts and confectioners' sugar. Makes about 14 pancakes.

**Waltraud Holzer  
Austria**

### *France*

#### **FRENCH STRAWBERRY TART**

2 (8 oz.) pkgs. cream cheese,  
softened  
½ cup sugar  
1 to 2 tsps. grated lemon peel  
2 Tbsps. lemon juice

Combine first 4 ingredients; mix well. Spread in baked shell. Top with berries. Combine cornstarch and water. Add preserves. Bring to boiling, stirring constantly. Cook and stir until thick and clear. Remove from heat; add 2 Tbsps. lemon juice. Cool to room temperature. Pour over berries. Chill. Makes 12 servings.

#### **Rich Tart Shell:**

½ cup butter  
¼ cup sugar

1 baked 9" rich tart shell  
1 qt. fresh strawberries, sliced  
2 Tbsps. cornstarch  
¼ cup cold water  
1 cup strawberry preserves

Stir butter to soften. Blend in sugar and salt, add egg; mix well. Stir in flour, chill slightly.

On floured surface, roll out in 12" circle. Using rolling pin to transfer dough, carefully place over outside of 9" cake pan. (Shape dough to sides of pan, almost to rim. Be sure there are not thin places, especially at corner.) Trim.

Place pan, crust up, on cookie sheet. Bake at 450° for 8 to 10 minutes or until lightly browned. Cool a few minutes; while slightly warm, transfer crust to plate.

### **Philippe Laffitte**

1 baked 9" rich tart shell  
1 qt. fresh strawberries, sliced  
2 Tbsps. cornstarch  
¼ cup cold water  
1 cup strawberry preserves

### *Czechoslovakia*

#### **KOLACHES**

2 cups milk  
½ cup sugar  
1 tsp. salt  
1 cup shortening (half butter  
half lard)

4 eggs (well beaten)  
1 tsp. lemon flavoring  
2 envelopes dry yeast  
¼ cup lukewarm water  
5 to 6 cups flour

Scald milk and pour into mixing bowl. Add sugar, salt and shortening. Let stand until lukewarm and shortening is melted. Have yeast dissolved in the ¼ cup warm water with 1 tsp. of sugar. Add to milk, then some of the flour, then the beaten eggs and remaining flour. Mix with spoon; no kneading. Let rise and when light, turn out onto a floured board and roll out like cookie dough. Cut with cutter or pinch off little biscuits and place apart on cookie sheet. Let rise until light and press an indentation in center and add filling. Let rise just a little and bake in 350° oven.

#### **Prune filling:**

Simmer 2 lbs. prunes until done. Remove pits and chop fruit or run through a meat grinder. Add a little cinnamon and 1 cup sugar.

***France*****CLAFOUTIS WITH CHERRIES**

1½ lbs. black cherries	salt
¾ cup plus 1 Tbsp. flour	1 Tbsp. kirsch
6 eggs	½ cup sugar
1 cup milk	

Mix flour with whole eggs and salt. Add a little milk and work the dough until it becomes light. Little by little add the rest of the milk, beating constantly. The batter should have the thin consistency of that for crepes. Add the cherries which have been washed, drained, dried and pitted. Add kirsch. Pour batter into an ovenproof serving dish and bake at 400° for 35 minutes. Serve warm or cold, powdered with confectioners or granulated sugar.

***France*****PEAR PASTRY**

4 or 5 pears	1 cup of cream
½ glass brandy	2 beaten egg yolks
9" pastry-filled pie pan	1 Tbsp. sugar

Peel and slice four or five pears. Pour over them half a glass of brandy and sprinkle with pepper. Let marinate overnight.

The next day, line a 9" pie pan with pastry and spread the pears over it. Pour over them a cup of cream to which you have added two beaten egg yolks and a tablespoon of sugar. Cover with top crust, making a hole in the center.

Bake in hot oven (400°F.) for 30 minutes or until golden. Serve slightly warm and pour a little bit of heavy cream through the hole before serving.

***Denmark*****DANISH PRUNE CAKE****Tom Petersen**

1 lb. prunes	½ tsp. salt
1 cup sugar	2¼ cups flour
½ cup margarine	2 tsps. baking powder
1 tsp. vanilla	1 cup buttermilk
1 egg	

Cook the prunes for 15 minutes. Cool, drain and pit. Set aside. Beat the sugar, margarine and vanilla until light and fluffy. Add the egg to the margarine and sugar mixture. Beat again until light. Add the remaining ingredients, a little at a time, and mix well. Set one cup of batter aside for topping. Put the rest of the batter in a 13x9" pan. Spread batter. Put the prunes in rows until the batter is covered. Take the reserved cup of batter and drop by spoon on each prune. Do not spread the batter. (When baked, the prunes will partially show.) Bake at 350° for 30 minutes. Do not let it get too brown and dry, for this should be a moist cake. When cool, ice with a thin white icing.

**Russia****CHARLOTTE RUSSE: LADYFINGERS  
MOLD WITH CREAM FILLING**

Strawtown Inn

12 to 16 ladyfingers, split in half lengthwise	2" piece of vanilla bean
4 large egg yolks	2 level tsps. unflavored gelatin, softened in $\frac{1}{4}$ cup cold water
$\frac{1}{2}$ cup sugar	1 Tbsp. chilled sour cream
1 cup milk	1 cup chilled heavy cream

Trim 12 of the ladyfinger halves, tapering them slightly at one end. Arrange these halves, side by side, curved sides down, on the bottom of a 1-quart charlotte mold with the tapered ends meeting in the center. Stand the remaining ladyfingers, curved side out, side by side around the inside of the mold; if possible, avoid leaving any open spaces between them.

Beat the egg yolks briefly in a mixing bowl with a whisk or an electric or rotary mixer. Still beating, gradually add the sugar, and continue to beat until the mixture is thick and pale yellow and runs sluggishly off the beater when lifted from the bowl. In a small saucepan, warm the milk and vanilla bean over moderate heat until bubbles appear around the edges of the pan. Remove the bean and slowly pour the hot milk into the eggs, beating constantly. Cook over low heat, stirring constantly, until the mixture thickens into a custard heavy enough to coat a spoon. Do not let it boil or it will curdle.

Off the heat, stir in the softened gelatin. When it has completely dissolved, strain the custard through a fine sieve set over a large bowl. With a whisk or rotary or electric beater, whip together the sour cream and heavy cream until the mixture forms stiff peaks on the beater when it is lifted out of the bowl. Fill half a large pot with ice cubes and cover them with 2" of water. Set the bowl of custard into the pot and stir the custard with a metal spoon for at least 5 minutes, or until it is quite cold and just beginning to thicken to a syrupy consistency. With a rubber spatula, gently fold the whipped cream into the custard. (If by some mischance the cream-and-custard mixture is lumpy, beat it with a whisk until smooth). Pour the mixture into the prepared mold, smooth the top with a spatula, cover with plastic wrap and refrigerate for 4 or 5 hours.

**Raspberry Puree:**

2 (10 oz.) pkgs. frozen raspberries, defrosted and thoroughly drained	2 Tbsps. superfine sugar 1 Tbsp. kirsch or any other type of cherry-flavored brandy
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Rub the raspberries with the back of a large spoon through a fine sieve set over a mixing bowl. Stir in the sugar and kirsch, cover tightly with plastic wrap, and refrigerate until ready to serve.

To unmold the charlotte russe, invert a flat serving plate on top of the mold and, grasping the plate and mold firmly together, turn them over. Gently remove the mold and serve the dessert with a bowl of the raspberry puree. Serves 6.

### *Britain*

#### JAM CAKE

1½ cups sifted cake flour  
 ¾ tsp. baking powder  
 ¼ tsp. salt  
 4 eggs (room temperature)  
 ¾ cup granulated sugar (or less)  
 1 tsp. grated lemon rind

Sift together flour, baking powder and salt; set aside. Grease and flour 2 (8") pans; line with waxed paper. In large mixing bowl beat eggs (by hand or with an electric mixer) until thick and lemon-colored. Gradually beat in sugar; mixture should be thick and light. Using spatula, fold in flour mixture, lemon rind, and lemon extract. Spread in prepared cake pans. Bake at 350° for 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Cool slightly. Turn out onto rack; remove paper immediately. Cool completely. Center one layer on serving plate. Spread with jam; top with second layer. Top with sifted powdered sugar. Makes 6 servings.

Variation: use either angel food or sponge cake with the jam mixture.

Nora Stark

½ tsp. lemon extract  
 1 cup strawberry, raspberry or blueberry jam or Polaner  
 Spreadable Fruit  
 powdered sugar

### *Denmark*

#### DANISH APPLE COFFEE CAKE

¾ cup margarine  
 1 cup sugar  
 3 eggs  
 1½ cups flour  
 2 tsps. baking powder  
 ¼ tsp. salt

½ cup milk  
 1¼ cups coconut  
 2 cups cooked apples  
 ¼ cup nuts  
 2 Tbsps. sugar

Cream margarine and sugar. Add eggs. Sift flour with baking powder and salt. Add alternately with milk. Add coconut, fold in apples.

Pour into well-greased baking dish. Sprinkle with nuts and sugar. Bake at 350° for 30-35 minutes.

Tom Petersen

### *Italy*

#### RICOTTA CAKE

1 box yellow cake mix — prepare as directed on the box and pour into a greased/floured 13x9" pan. Combine:

2 lbs. Rocotta cheese	1 tsp. vanilla
4 eggs	powdered sugar
1 cup sugar	

Gladys Strout

Combine the first four ingredients and beat until smooth and blended; pour over the raw yellow cake mix. Bake at 350° for one hour until golden brown and set in center. Dust with powdered sugar when cool.

***Switzerland*****SWISS POUND CAKE DESSERT**

1 cup plus 2 Tbsps. butter  
 1½ cups granulated sugar  
 5 eggs, separated  
 grated rind of 1 lemon  
 1 Tbsp. lemon juice

½ cup seedless dark raisins,  
 finely snipped  
 2¼ cups sifted all-purpose flour  
 2 tsps. double-acting baking  
 powder

Make 1 or 2 days ahead as follows:

Start heating oven to 325°F. Butter well a 9" tube pan. In large bowl, with your mixer at medium speed, beat butter until creamy; beat in sugar, then egg yolks, one at a time, beating until very light and fluffy—about 10 minutes.

Next beat in lemon rind, juice and raisins. Sift together flour and baking powder. Beat egg whites until stiff. Alternately fold flour and egg whites into butter mixture, a third at a time.

Turn into prepared cake pan and bake for 60 to 65 minutes, or until tester, inserted in center, comes out clean. Cool 10 minutes, then turn out on rack to cool completely. Serve, cut into wedges.

**Patrick Galli****Solothurn, Switzerland*****Austria*****WALNUT TORTE**

6 eggs  
 7 ozs. powdered sugar

7 ozs. finely chopped walnuts  
 2 Tbsps. very fine bread crumbs

Separate four of the eggs. Beat together the remaining two eggs plus four yolks with half of the sugar, until the mixture starts to thicken. Beat the remaining four egg whites to a froth; add rest of the sugar. Add to yolk mixture. Add nuts and bread crumbs carefully. Bake until done, usually 40-45 minutes.

**Gabriele Vesely****Austria*****Lebanon*****BAKLAVA**

2 cups chopped walnuts or  
 pistachio nuts  
 ⅓ cup sugar

1 Tbsp. rose water  
 1 lb. filo dough  
 1 lb. butter

**Syrup:**

2 cups sugar  
 1 cup water

a few drops of fresh lemon juice  
 1 tsp. rose water

Combine nuts, sugar and rose water. Take 2 filo sheets and brush lightly with melted butter. Place 3 to 5 Tbsps. of mixture along wide edge. Roll, as in a jelly roll, and place close together on buttered 14x10" pan. Brush tops with butter. Cut diagonally into 2" to 3" lengths. Bake at 300° until golden brown. Remove from oven. Spoon cold syrup over each piece until saturated.

**Guita Graber**

### *Sweden*

#### **SWEDISH APPLE CAKE**

Set oven for 350°. Mix in a bowl:

1½ cups sugar	1¼ cups flour
½ cup margarine or butter	1 tsp. soda
2 eggs	1 tsp. cinnamon
3 cups cored and chopped uncooked apples	1 tsp. nutmeg
1 tsp. vanilla	½ cup chopped nuts
	½ tsp. salt

Pour this thick batter into a greased 13x9" pan. Bake for 20-25 minutes. Remove from oven and spread the following mixture over the top:

1½ cups brown sugar, firmly packed	2 Tbsps. milk or cream
	5 Tbsps. melted margarine or butter

Return to the oven and bake another 20 minutes. Serve warm with ice cream or vanilla frozen yogurt.

**Mildred Steele**

### *England*

#### **ENGLISH SCONES**

**Joan Ryerson**

*Scones are very simple, austere little cakes, perfect accompanied with jam and cream.*

1½ cups self-rising flour plus extra for dusting	½ tsp. salt
1 tsp. cream of tartar	3 to 4 Tbsps. butter or shortening
½ tsp. baking soda	⅔ cup milk

Lightly butter a baking sheet. Sift the flour, cream of tartar, baking soda and salt into a bowl together. Rub or cut in the butter, fingertipping the mixture into large flakey crumbs. Stir to a soft dough by mixing in the milk with a knife. Roll out to a thickness of ½" or just over, and cut into rounds with a pastry cutter 2" to 2½" in diameter. Arrange them on the baking sheet fairly close together. Powder with flour. Bake at 425° for 12-15 minutes. They will rise and turn golden. They can be served cold, but are excellent while still hot. Makes 12 scones.

### *England*

#### **CLOTTED CREAM OR DOUBLE CREAMS**

**Mina Baker-Roelofs**

¼ cup whipping cream, whipped 3 Tbsps. commercial sour cream	2 tsps. sugar
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Whip cream. Add sour cream and sugar. Blend well. Flavor can be adjusted to personal taste. Serve scones with clotted cream and strawberry jam.

Note: It is almost impossible to purchase clotted cream in the USA due to pasteurization process.

**Scotland**  
**TEA SCONES**

2 cups all-purpose flour  
1 Tbsp. baking powder  
½ tsp. salt  
1 Tbsp. sugar  
4 Tbsps. butter or margarine

Combine flour, baking powder, salt and sugar in mixing bowl; mix well. Cut in butter. Make a well in the flour mixture.

Beat 2 eggs and ½ cup milk together. Add to flour mixture; mix lightly but thoroughly. Turn out onto floured board; knead 5 times. Roll dough to 9" circle approximately ¾" thick. Cut into 8 pie-shaped wedges. Place on lightly greased baking sheet.

Beat remaining egg and tablespoon of milk together. Brush tops of scones with mixture. Bake at 400° for 7 to 10 minutes or until lightly browned.

Split scones. Serve with butter and jam or honey or Polaner Spreadable Fruit. Makes 8 scones.

Variations:

Oatmeal scones — use 1 cup rolled oats and 1¼ cups flour in place of 2 cups flour in basic recipe.

Currant or raisin scones: add ½ cup currants to dry ingredients in basic recipe.

Orange scones: add 1 Tbsp. orange rind to dry ingredients in basic recipe.

**Nora Stark**  
**Mina Baker-Roelofs**

2 medium eggs  
½ cup milk  
1 egg, lightly beaten  
1 Tbsp. milk

**Britain**  
**ALMOND CHEESECAKES**

1 egg  
3 Tbsps. cornstarch  
½ cup sugar  
1 Tbsp. butter

1 cup ground almonds or  
almond paste  
pinch of mace  
strawberry jam

Beat the egg and into it stir the cornstarch, sugar, butter (melted), almonds and mace. Beat until mixture is very smooth. Line individual pat-ty pans with short crust pastry (below). Put 1 scant teaspoon jam in bot-tom of each pan. Fill pans with almond mixture and bake at 375° for 25 minutes. Remove from pans and serve cold.

**Grace Moore**  
**Perry, Iowa**

**Short Crust Pastry:**

2 cups flour  
½ cup butter

water to make stiff dough  
(about ½ cup)

Sift flour. Cut shortening into flour and add water to make a stiff dough. Roll out on floured board.

### *England*

#### BERRY DELICIOUS TRIFLE

24 ladyfingers, split	1 pkg. (3 oz.) raspberry gelatin
1/3 cup dry sherry	1 qt. strawberries, sliced
1/2 cup raspberry preserves	2 large bananas, sliced
1 pkg. (3 oz.) vanilla pudding mix	1 cup whipping cream
2 cups milk	1 tsp. sugar

Line large glass bowl with ladyfinger halves. Sprinkle with sherry and then spread with preserves. Prepare pudding according to package directions and spread over ladyfingers and preserves. Prepare gelatin according to package directions. Cool in refrigerator until thickened but not set. Arrange banana and strawberry slices on pudding, reserving some of the strawberries for garnish. Pour thickened gelatin over fruit. Cover and refrigerate overnight or up to 24 hours. Before serving beat whipping cream with sugar until soft peaks form. Spoon cream around border in attractive fashion and garnish with reserved strawberry slices. Makes 12 servings.

Mary Stark

### *England*

#### \*DOT'S PLUM PUDDING

*This is our family's traditional Christmas dinner dessert, as it was in my parents' household as well. I usually quadruple the recipe and give to friends and relatives. For those watching cholesterol, the sauce may be omitted.*

##### COMBINE:

1 cup sugar  
1 cup flour  
2 tsps. cinnamon  
1 tsp. cloves  
1/4 tsp. salt  
1 tsp. soda

##### MIX IN:

2 eggs  
1/2 cup melted margarine  
1 tsp. vanilla  
2 cups cooked prunes which have been pitted

Spoon into well-greased #303 cans until 1/2 full. Cover with a double layer of waxed paper and secure with string.

Place in shallow pan half full of warm water. Bake two hours at 300° to 325°. Remove immediately from container, shaking gently from side to side to loosen, onto cake rack. Wrap in foil. May be frozen but keeps well in refrigerator.

To serve, heat thawed pudding wrapped in foil in 400° oven 20 minutes or until hot. Slice 1" thick and garnish with maraschino cherry. Pass sauce.

##### Sauce:

6 egg yolks, beaten  
powdered sugar

1/2 cup melted margarine

Beat in powdered sugar until sauce is consistency of thick cake batter. DO NOT COOK SAUCE. (Makes 6 #303-size-can puddings.)

### *France*

#### **CHOCOLATE CHARLOTTE**

24 ladyfingers	½ cup boiling water
¼ cup bourbon	6 egg yolks
2 pkgs. semi-sweet chocolate	1 tsp. vanilla
3 Tbps. instant coffee	6 egg whites
½ cup sugar	1½ cups heavy cream, whipped

Dip the ladyfingers in the bourbon and use them to line the sides of a 9" spring mold. Melt the chocolate over hot water. Dissolve the coffee in the boiling water. Beat the egg yolks and add the sugar very gradually. Continue beating until the mixture is thick. Add the vanilla, coffee and chocolate. Beat the egg whites in a separate bowl until stiff; then fold into the chocolate mixture. Add the whipped cream. Freeze overnight. Unmold. Decorate with whipped cream or chocolate curls.

### *England*

#### **LEMON CURD TARTS**

**Joan Ryerson**

##### **Lemon Curd Filling:**

grated rind of 2 large lemons	2 cups sugar
½ cup lemon juice	1 cup butter or margarine
	4 eggs, well beaten

Combine lemon rind, lemon juice and sugar in top of double boiler. Add butter. Heat over boiling water, stirring, until butter is melted. Stir in eggs. Continue cooking, stirring constantly, until mixture is thick enough to pile slightly, about 15 minutes. Cool thoroughly.

##### **Tart Shells:**

3 cups sifted flour	1 cup shortening
1½ tsps. salt	6 Tbps. cold water

Sift flour and salt; cut in shortening until size of large peas. Sprinkle water over mixture. Mix thoroughly until a smooth dough is formed. Roll out on floured surface to  $\frac{1}{8}$ " thickness. Cut into  $2\frac{1}{2}$ " rounds; fit into  $1\frac{3}{4}$ " muffin pans. Prick. Bake at  $450^{\circ}$  for 10 to 20 minutes or until light golden brown. Spoon filling into shells. Yield: 4 dozen.

### *Norway*

#### **ROSETTES**

**Maureen Timmer**

*A yearly favorite at the Central College Auxiliary Foreign Food Fair.*

2 eggs	¼ tsp. salt
1 Tbsp. sugar	1 cup flour
2 cups milk	

Mix all ingredients until batter is smooth and about the consistency of thick cream. Use plenty of deep fat to cover iron. Preheat fat to  $380^{\circ}$ . Heat a rosette iron in the hot fat before starting. Dip iron into batter until batter sticks, then dip into hot fat. When the shell expands from the iron, dip the iron to the bottom of the pan and let it cook until the shell turns a golden brown. Makes about 50 rosettes.

## *England*

### CHOCOLATE ECLAIRS

#### **Pastry:**

1¼ cups water	1 cup cake flour, sifted
6 Tbsps. (¾ stick) butter	1 Tbsp. sugar
	3 large eggs, beaten

#### **Creme Filling:**

2 medium eggs	1¼ cups milk
¼ cup sugar	2 sqs. semi-sweet chocolate,
4 Tbsps. unbleached flour	melted

#### **Icing:**

4 sqs. semi-sweet chocolate, melted

#### **Pastry**

Lightly grease two baking sheets. Heat the water and butter to boiling point, then add the sifted flour. Leave over the heat while you stir briskly until the mixture is smooth and leaves the sides of the saucepan; stir in the sugar. Allow to cool. Beat in the egg, a little at a time. Put the pastry into a piping or pastry bag fitted with a (½") star nozzle. Pipe 4" lengths onto the baking sheets. Bake at 400° for 40 minutes. Turn these hollow puffed-up cigar shapes out on a wire rack; while they are still warm, slit them down one side with a knife so that the steam escapes.

#### **Creme filling:**

For the filling, cream together the eggs and sugar. Sift in the flour and stir to a paste with a little of the cold milk. Warm the rest of the milk almost to boiling point, then gradually pour it over the egg mixture, stirring well all the time. Transfer the mixture to a saucepan and stir it over a low heat until it reaches boiling point. Cook for a further five minutes. Remove from the heat and stir in the melted chocolate. Cover and allow to cool. Whip the cream until it is stiff, and keep in a cool place. (A good vanilla or chocolate pudding may also be used for the filling.)

#### **Icing:**

Pour the melted chocolate into a shallow bowl. Take each eclair in turn between finger and thumb and with a delicate but firm hold, dip one side into the warm chocolate. The chocolate sets very quickly. Gently pry open each of the eclairs; pipe a narrow line of the chocolate-flavored cream filling along one inside surface and a line of whipped cream along the other. Delicate handling is essential here. Makes 25-30 eclairs.

## *Norway*

### CRUMB CAKES

1 cup sugar	2 cups flour
½ cup butter (soften, don't melt)	3 eggs
½ cup cream (not whipped)	1 tsp. crushed cordamon seed

Cream butter and sugar. Add remaining ingredients. Put 1 tsp. batter on hot crumb cake iron and bake until light brown. Roll quickly into a cone.

**Joan Ryerson**

## **Denmark**

### **DANISH DESSERT**

24 graham crackers  
 1 stick margarine, melted  
 ½ cup sugar  
 1 pkg. lemon gelatin  
 1 cup boiling water  
 1 (8 oz.) pkg. cream cheese

Mix graham crackers, melted margarine and sugar and put in bottom of 12x9" pan. Bake at 350° for 7-8 minutes.

Dissolve gelatin in boiling water. Cool until syrupy. Beat until light and fluffy.

Combine the cream cheese, sugar and vanilla. Beat until creamy. Combine with gelatin mixture. Whip the can of condensed milk and blend with the above mixture. Let set for one hour. Top with one package of raspberry Danish dessert cooked with 1 cup of water until thick and glossy in color. Chill. Serves 12.

## **Mexico**

### **\*FLAN**

¼ cup sugar  
 1 (12 oz.) can evaporated  
     skimmed milk  
 ½ cup skim milk  
 ¾ cup egg substitute

Sprinkle ¼ cup sugar in a heavy saucepan. Place over medium heat. Soak, stirring constantly, until sugar melts and syrup is light golden brown. Pour syrup into 6 oz. custard cups; let cool. Combine milk in medium saucepan and heat until bubbles form around edge of pan. Combine egg substitute, ¼ cup sugar, salt and almond extract; beat well. Gradually stir about one cup hot milk into egg mixture; add to remaining milk, stirring constantly. Pour mixture evenly into custard cups, cover with foil. Place custard cups into shallow pan and pour hot water to depth of 1" into pan. Bake at 325° for 25 minutes or until a knife inserted near center comes out clean. Remove cups from water and chill at least 4 hours. Loosen edges and invert onto plates. Arrange fruit around flan. Serves 6, low-fat.

**Tom Petersen**

1 cup sugar  
 1 tsp. vanilla  
 1 (5.3 oz.) can condensed milk,  
     chilled  
 1 pkg. raspberry Danish dessert  
 1 cup water

**Maribelle Van Tuyl**

¼ cup sugar  
 ⅛ tsp. salt  
 ½ tsp. almond extract  
 2 cups assorted fresh fruit

## **The People's Republic of China**

### **RICE AND FRUIT DESSERT**

2 cups of drained fruit (mandarin  
 oranges, pineapple, peaches or  
 any combination of the three)

Dice fruit. Add to rice and mix. Fold in whipped cream. Yield: 6 servings.

**Wendy Zhao**

**Laramie, Wyoming**

2 cups cooked, cooled rice  
 2 cups whipped cream

### **Barbados**

#### **MOCHA MOUSSE WITH ORANGE LIQUEUR**

12 Tbsps. (1½ ¼-lb. sticks) butter,  
cut into small bits  
3 Tbsps. instant coffee, preferably  
instant espresso, dissolved in  
¾ cup boiling water  
3 cups unsweetened Droste cocoa  
6 egg yolks  
2 cups superfine sugar

½ cup Curacao, Grand Marnier or  
other orange-flavored liqueur  
6 egg whites  
a pinch of salt  
1 cup chilled heavy cream,  
whipped  
mandarin orange sections

#### **Strawtown Inn**

In the top of a double boiler, melt the butter over moderate heat. Set the pan over barely simmering (not boiling) water and stir the coffee into the butter. Beating constantly with a wire whisk or large spoon, sift in the cocoa, about ¼ cup at a time, and beat until the mixture becomes a smooth paste. Reduce the heat to the lowest possible point and keep the cocoa paste warm.

In a deep bowl, beat the egg yolks with an electric or rotary beater for about a minute. Beat in the sugar, ¼ cup at a time, and continue beating until the yolks become pale yellow and thick enough to fall back in a ribbon when the beater is lifted from the bowl. Beat in the cocoa paste, about ½ cup at a time, then the liqueur. Set aside.

In a separate large bowl, with a wire whisk or a rotary or electric beater, beat the egg whites and salt together until the whites are stiff enough to stand in firm, unwavering peaks when the beater is lifted from the bowl. Stir about one quarter of the whites into the cocoa-and-egg-yolk mixture, then pour it over the remaining egg whites. Gently but thoroughly fold them together, using an over-under cutting motion rather than a stirring motion.

Fold whipped cream into mousse very gently. Put into individual dessert glasses and chill. Garnish with a mandarin orange section. Serves 8.

### **Sweden**

#### **SWEDISH RICE**

**Maureen Timmer**

*A yearly favorite at the Central College Auxiliary Foreign Food Fair.*

1 cup uncooked rice  
2 cups water  
1 quart milk

¾ cup sugar  
¼ tsp. almond flavoring  
½ pint whipping cream

Cook rice in the 2 cups of water, 14 minutes, in a covered pan. Add the quart of milk. Cook slowly until milk has cooked into the rice, rather creamy. Stir in sugar and flavoring. Let get completely cold. Whip cream and stir through cooled, cooked rice. Top with Raspberry Sauce if desired.

#### **Raspberry Sauce:**

1 (10 oz.) pkg. frozen raspberries,  
thawed  
2 tps. cornstarch

1 Tbsp. water  
1 tsp. lemon juice

Let frozen berries thaw in small saucepan. Blend together cornstarch, water and lemon juice. Add juice from drained berries. Cook over medium heat, stirring gently and constantly, until mixture comes to a boil and thickens slightly. Stir in berries. Cool. Serve on top of Swedish Rice.

### *Spain*

#### RICE PUDDING

1 cup rice  
4 cups milk  
 $\frac{1}{4}$  cup sugar

1 stick of cinnamon  
powdered cinnamon

Bring milk to a boil with the stick of cinnamon in it. When milk reaches boiling point, add rice and stir. Boil very gently for about 30 minutes. Add sugar and boil gently for another 20-30 minutes, until the rice is of a creamy consistency. Remove cinnamon stick. Remove from pan, place in serving dish, and sprinkle with powdered cinnamon. Serves 4-6.

### *Denmark*

#### BROWN SUGAR COOKIES

2 cups sifted flour - set aside  
1 cup butter  
 $\frac{3}{4}$  cup firmly packed brown sugar

1 egg yolk  
pecan halves

Cream the butter; gradually add the brown sugar. Blend in the egg yolk. Add the flour in fourths, mixing thoroughly after each addition.

Shape dough into balls about  $\frac{1}{2}$ - $\frac{3}{4}$ " thick. Place on sheets about 2" apart. Using the back of a fork, flatten cookies with crisscross marks. Press a pecan half onto the top of each cookie. Bake at 375°F. for 8 to 10 minutes. Yield: 7 dozen cookies.

### *Norway*

#### NORWEGIAN KRINGLE

Preheat oven to 450°

5 $\frac{1}{4}$  cups flour  
2 tsps. baking powder  
 $\frac{3}{4}$  cup butter (must be butter)  
2 cups sugar

1 tsp. vanilla  
2 unbeaten egg yolks  
2 cups buttermilk  
2 tsps. soda

Mix flour and baking powder and set aside. Cream together the butter, sugar and vanilla, add eggs and mix. Quickly add soda to buttermilk and pour into the creamed mixture before all foaming stops. Add dry ingredients last. Chill overnight.

Place clean dish towel on flat surface, flour well. Drop teaspoon of dough on floured towel. Roll into long rope about 6" long and  $\frac{3}{8}$ " in diameter.

Place on greased cookie sheets, making figure 8 or pretzel design with the rope of dough.

Bake 4 minutes on bottom of oven. Move to top shelf and bake 2 minutes longer until lightly browned on bottom.

**Karen Davidson**

**Ardys Barth  
Decorah, Iowa**

### *Wales*

#### Penny Reynen's WELSH COOKIES

4 cups flour	1½ cups sugar
4 tsps. baking powder	1 cup shortening
1 tsp. salt	1 cup currants
3 tsps. nutmeg	3 eggs (beaten)

Add enough milk to beaten eggs to make 1 cup of liquid. Sift all dry ingredients into large bowl. Work in shortening until mixture is crumbly. Add currants, then egg-milk mixture.

Knead with hands until well-blended. Roll in orange-size amounts on floured board. Cut in rounds; currants will determine thickness. Bake on ungreased griddle until light brown. Turn to other side. Makes 7 dozen.

### *France* MADELEINES

½ cup butter, softened	1 tsp. vanilla extract
½ cup sugar	1 cup sifted all-purpose flour
4 eggs	½ tsp. double-acting baking powder

Cream the softened butter and the sugar together in a bowl. Beat in the eggs, one at a time. Stir in the vanilla and beat in the flour and the baking powder. The batter must be extremely smooth. Butter generously two 12-madeleine molds and spoon the batter into them. Bake in a preheated 350°F. oven for 20 minutes. Remove from the molds onto a wire rack immediately. Makes 24 madeleines.

### Laurence Langlois France

### *Austria* VANILLA CRESCENTS

½ lb. unsalted butter	1 tsp. vanilla extract
1 cup sugar	½ tsp. salt
2 cups sifted all-purpose flour	confectioners' sugar
1¼ cups ground almonds	

Cream butter and sugar together by beating them with an electric mixer until light and fluffy. Beat in flour, ½ cup at a time; add almonds, vanilla, salt and beat until mixture becomes a slightly stiff dough. Put it in the refrigerator for 1 hour. Preheat oven to 350°.

Pinch off walnut-sized pieces of the chilled dough and place them on a floured board; roll each one into a strip 1" wide and ½" thick. This makes it about 2½" long. Shape each piece into a crescent by pulling it into a semicircle.

Arrange the crescents at least ½" apart on baking sheets. Bake in the middle of the oven for 15-20 minutes, until lightly colored. Let them cool. Dust with confectioners' sugar. Serve cool! Yield: 36 pieces.

### Maria Raith Austria

**Norway**  
**SANDBAKKELS**

*A yearly favorite at Central College Auxiliary's Foreign Food Fair.*

1 cup sugar	2½ cups flour
1 cup butter	¼ tsp. vanilla or almond
1 egg	flavoring

Cream butter and sugar, add beaten egg, flour and flavoring. Press a little dough into patty pans with fingers to cover sides and bottom thinly and bake in hot oven. Do not grease tins. Bake at 375° about 12-15 minutes. After tins have cooled slightly, turn over and tap from bottom to release cookie. Yield: 30-35 cookies. Cookies may be filled with a filling if desired.

**Apricot filling for Sandbakkels:**

1 (30 oz.) can apricot halves, drained	½ cup sugar 1 Tbsp. lemon juice
2 Tbsps. cornstarch	almond slivers

Puree apricot halves in electric blender or food mill. Blend cornstarch and sugar thoroughly in medium saucepan. Blend in apricot puree and lemon juice. Bring mixture to a boil; boil for 1 minute, stirring constantly. Cool. Fill as many sandbakkels as needed with about 1 Tbsp. apricot filling. Garnish with almond slivers. Keep remaining filling in refrigerator until needed. Fill sandbakkels just before serving. You may also use any pie filling as desired.

**Switzerland**  
**MUESLI**

**Patrick Galli**  
**Solothurn, Switzerland**

1 Tbsp. rolled oats	2 bananas
4 ozs. shelled walnuts	juice of 1 lemon
4 Tbsps. sweetened condensed milk	4 ozs. water 4 sweet apples

Soak the oats in water overnight. Next day, wash the apples and grate into the oats. Add lemon juice and the condensed milk and mix well. Decorate each of four plates with sliced bananas and walnuts. Other fruits, such as grapes, raspberries or anything else in season, may be added. This makes a good breakfast dish. (A light meal.)

**Mexico**  
**PANCHO'S SPANISH COFFEE**

**Fernando Rosas**  
**Merida, Yucatan, Mexico**

1. Rub rim of glass with orange; dip in sugar to coat.
2. Heat entire glass over flame and swirl.
3. Add about 1½ ozs. brandy to glass.
4. Flame again, pouring from one glass to another.
5. Add cinnamon to flaming glass.
6. Add very strong coffee.
7. Top with scoop of vanilla ice cream.
8. Place spoon over top of glass and pour flaming Kahlua over this (so glass does not break).

**Austria****LINZER COOKIES**

1 cup butter  
 ½ cup sugar  
 1 tsp. vanilla  
 2 cups flour, sifted

¼ tsp. salt  
 apricot or strawberry preserves  
 powdered sugar

Cream butter, sugar and vanilla until light and foamy. Add flour, sifted with salt, and stir to make a smooth dough. Roll out the dough ¼" thick and cut into 3" rounds with cookie cutter. Cut the centers out of half the rounds. Bake rings and rounds in 375° oven for 10 minutes or until they are light brown.

Cool the cookies, spread rounds with drained apricot or strawberry preserves and place a ring on each. Put a little more jam in the hole. Dust with powdered sugar. Makes about 1 dozen cookies.

Eva Nestler

Edelschrott, Austria

**Spain****ALMOND COOKIES**

1½ cups blanched almonds  
 ⅔ cup sugar

2 egg whites  
 pinch of salt

Iasone Mugarro

Blend blanched almonds in blender until a fine consistency. Mix with sugar and salt. Beat egg whites until they form stiff peaks. Fold into almond mixture. Drop heaping teaspoonfuls onto buttered baking sheet. Bake at 400° for about 10 minutes (until cookies are light brown on top). Remove to rack and cool. Makes 15-18 cookies.

**MENU SUGGESTIONS FOR FOREIGN RECIPES****An Austrian Coffee Time**

*(In Austria people gather in coffee houses for a cup of coffee and pastry, but you can provide these items in your own home and let your friends sample them.)*

Walnut Torte .....	307
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Strong, hot coffee with perhaps some rich cream	

**A French Luncheon**

*(A simple but elegant meal)*

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White wine and/or coffee	

### **A Lebanese Vegetarian Luncheon**

*(Both delicious and nutritious; also easy to prepare in advance)*

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*(For special afternoon entertaining)*

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*(At Christmas time be adventuresome and entertain your friends with a variety of delicious choices)*

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*(A simple but delicious meal)*

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*(A basic "one dish" meal with simple accompaniments)*

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*(Easy to serve for company because much of it may be prepared in advance)*

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## **A Chinese New Year Dinner**

*(Because it consists of many items, this would be a good dinner for sharing the work and recipes with friends.)*

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Hot Green Tea	

*If you are really feeling adventuresome, you might like to try one of the following meals that Strawtown Inn has served in its foreign dinner series.*

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## **Strawtown Inn**

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	<b>Strawtown Inn</b>
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	<b>Strawtown Inn</b>
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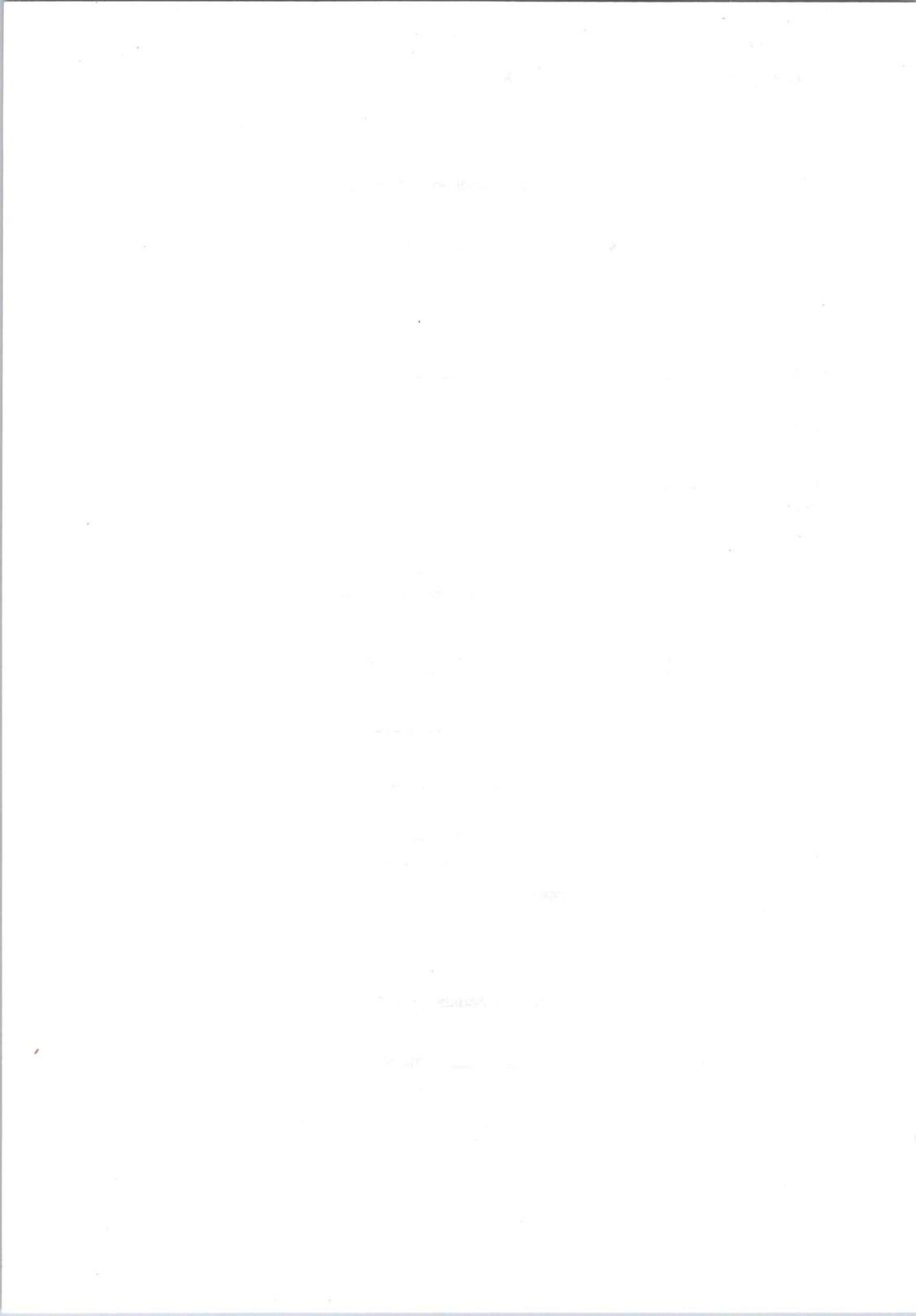
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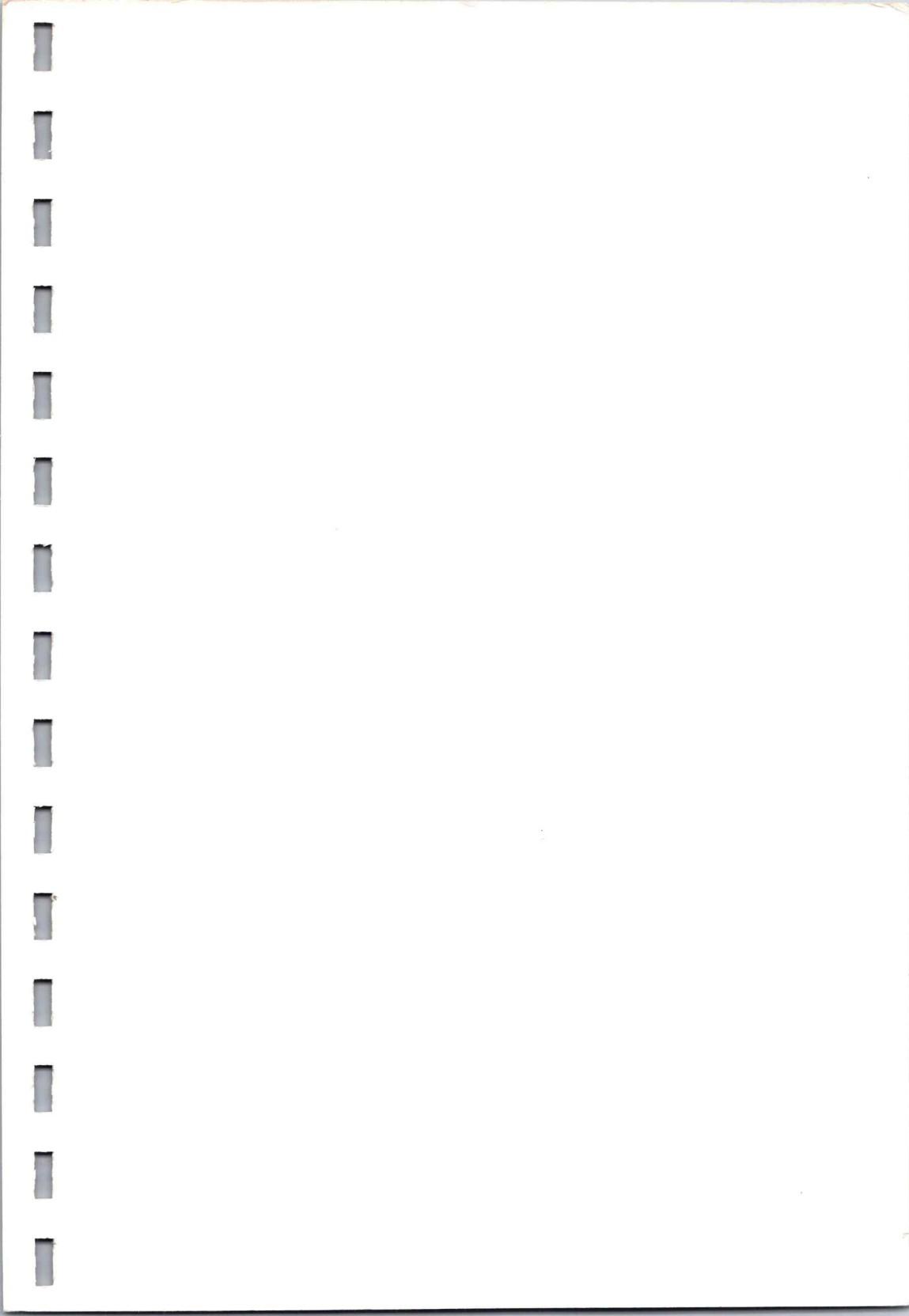
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